Healthy Aging Month

Healthy aging month emphasizes the positives to aging. It is important to play an active role in staying happy and healthy in all areas of aging including mental, physical, and financial health.

Tips to remember:

• Schedule your annual physical and other screenings
• Visit family and friends often
• Stay active; pick up a new hobby
• Remember the importance of exercise and adequate sleep

Happening in the APFP this month:

• Friday, September 4th is Back to School day. Please join us in wearing your ‘80’s clothing.
• We will also be collecting new weight measurements and medication updates

Reminder:

Extended hours (5:30am-7:00pm) and Saturday hours (7:30am-10:30am) will resume on September 12.
September is National Cholesterol Education Month!
Check out our bulletin board to learn more about cholesterol. We will be hosting a cholesterol screening on Thursday, September 24th. More details will follow.

Hello! My name is Danielle Dahl, I am an Exercise Science major with a minor in Gerontology. My hometown is Chelsea, Michigan. I have a passion for running and am a part of the Ball State Track team. I enjoy playing badminton, beach volleyball and exploring the Great Lakes. My hope is to continue my education by getting a Masters in Clinical Exercise Physiology.

From the Offices
School is Back! Please welcome our 6 new graduate students and 2 interns into the APFP. It will take them some time to get to know your names and routines but will work hard on getting these done.

Theme Days are Back! In the past we have had theme days to help keep things fun and lively in the APFP. Our first theme day, with the title Back to School will feature 80’s gear and will take place on Friday September 4th.

Extended Hours are Back! On Tuesday September 8 we will begin extended hours again with the help of our two BSU interns. We will be open from 530AM-7PM on these days without closing. This typically takes place only during the academic year and not during break periods.

Meet our new faculty member Dr. Harber!
We will be holding a meet and greet for our new CEP Director on September 14th from 3-5pm.

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Danielle

Hello I'm Chelsea Hancock. This December I will be graduating with a degree in exercise science and I plan to get my masters in clinical physiology. My goal in the future is to work in oncology rehab. I love to sing and write my own music with my guitar. I also really enjoy working out especially weight lifting. I really like it when I met new people so don't be shy!