

Healthy Penguin Walkabout is back for third year



Clark College welcomes the community to its third annual Healthy Penguin Walkabout on Saturday, June 2, on its main campus. This free, family-friendly event offers a wide range of opportunities for personal health assessments, wellness-related education, and healthy activities.

Activities run 10:00 a.m. to 1:00 p.m. and will take place both indoors and outside. Guests will begin their visit in Gaiser Hall, where they can register and receive an event passport as early as 9:30 a.m. Gaiser is most easily accessed from the Green 1 and Red 3 parking lots. Clark College is located at 1933 Fort Vancouver Way, Vancouver. Driving

directions and parking maps are available at www.clark.edu/maps.

This year's event is organized and volunteer-staffed by Clark College faculty and students from the Business and Health Sciences Unit, Clark College Athletics, and Child and Family Studies.

Free health assessments and learning activities include:

- Blood glucose levels
- Oral Health and Wellness
- Body mass index (BMI) and body fat percent
- Grip strength and balance
- Diabetes risk level
- Blood pressure and pulse
- Stress reduction strategies
- Sports skills challenge with Clark College athletes
- Children and families connecting with nature
- Medication safety
- See inside an ambulance

Stations on the walkabout will include children's activities, fun souvenirs, healthy snacks, a raffle for both adults and children, as well as additional prizes that include an annual membership to the college's Thompson Fitness Center. Children's activities include a "ninja warrior" obstacle course in the O'Connell Sports Center gymnasium. Guests are also invited to walk a half-mile "Penguin Pathway" through the college's beautiful, 90-acre campus and arboretum. Organizers are also collecting donations of non-perishable food and personal-hygiene items for the college's Penguin Pantry. Guests will receive one extra raffle ticket for every four pantry items they donate.

To learn more about the details of this event, visit www.clark.edu/cc/walkabout.

This event is a part of the college's focus on inter-

professional learning for Clark Business and Health Sciences students. “When healthcare disciplines work together, including business, healthcare is more efficient in terms of cost, resources, and time,” said Dean of Business and Health Sciences Brenda Walstead. “The event also increases engagement and learning among Clark College’s students, and provides the community with access to a wealth of information that can lead to healthier outcomes for all individuals.”

Anyone needing accommodation due to a disability in order to fully participate in this event should contact Clark College’s Disability Support Services Office at (360) 992-2314 or (360) 991-0901 (VP), prior to the event.

Photo: Clark College/Jenny Shadley

Wellness Interest Survey



Greetings from the Healthy Penguin Nation Wellness Team!

We need your input! Clark College is a member of Team WorkWell, a statewide initiative that supports healthy lifestyle behaviors for employees of state agencies and higher education institutions, and is moving forward to plan a comprehensive and sustainable wellness program for our community members. Please share your voice by completing a brief online survey, telling us about your health and wellness interests and needs.

This survey is voluntary and anonymous and should take less than 10 minutes to complete.

You can access the survey through **May 15** by following this link:

<https://webapps.clark.edu/snapwebhost/s.asp?k=142930177939>

Paper copies of the survey are available upon request:
kferguson@clark.edu