

# PROVOST SCHOLARS PROGRAM

## University Intensive Seminar – Session 6

### Personal Health & Wellbeing

Date: November 1, 2018 | 2:30 - 5:00PM | Guilford House

#### Purpose

The purpose of the presentation is to share information about basic personal health, including diet, exercise, and sleep routines. It will also discuss the negative effects of drug use, bullying, intimate contact, and potential consequences such as HIV/AIDS and other sexually transmitted infections. The presentation will also focus on community resources available for getting help, and potential barriers to attaining information and treatment necessary for improved personal health outcomes. Health policy issues will be integrated into the presentation, which will conclude with discussions about approaches to promoting healthy behaviors and lifestyles.

#### Presenter Biography



**Speaker: Dr. Sofija Conic**

Dr. Conic was born in Belgrade, Serbia and moved to the United States when she was nine years old. After graduating from Cleveland Heights High School, Dr. Conic returned to her home in Serbia to continue her academic studies.

She graduated from the University of Belgrade University of Medicine where she received her MD Degree and then returned to the United States to continue her medical education. She is currently engaged in research at University Hospitals, Cleveland, and she is a mentor and tutor in the Provost Scholars Program. Dr. Conic is also an avid reader of history books. She bikes around Cleveland with family and friends.

#### Objectives

At the end of the presentation, the Provost Scholar will be able to:

- Discuss three behaviors that could be implemented to improve personal health outcomes
- Identify two perceived barriers to attaining health information and utilizing community-based health services
- Identify two ways to promote healthy behaviors in their community

#### Agenda

- 2:30 - 3:50 pm: Tutoring
- 3:50 - 4:00 pm: Brief Intermission
- 4:00 - 5:00 pm: University Seminar and Notetaking
- 5:00 pm: Hors d'oeuvres
  - Concierge & Matre d': Jalecia Claytor & Dah'Vei Wade

#### Faculty & Staff

- Dr. Faye Gary, Program Director
- Ms. Kate Klonowski, Program Coordinator
- Mr. David VanLeer, Program Volunteer
- CWRU Tutors