

Healthy Lifestyle Gateway Orientation

Wednesday, August 24, 2011



Welcome to MBC! We look forward to meeting you at breakfast and spending the day with you. You will be surrounded by others who, like you, wish to explore and live a healthy lifestyle. This is a day to make new friends, get out and see some local sights, share a meal (or two or three), and connect on a topic that's important to you.

Time	Activity	Location
8:00-8:30	Yoga Basics – A Discussion with Sheree	Hunt West
8:30-9:00	Breakfast in Hunt	Hunt West
9-9:30	Gateway Overview by Mary	
9:30-10:30	Guided Walking Tour to Gypsy Hill Park and through Downtown Staunton and	Gypsy Hill; Downtown Staunton
10:30-10:45	Refreshments	Tyson Terrace
10:45-12:00	Potted Plants – A Metaphor and An Activity Tee-Shirt Making Share Sheets Group photo on terrace steps	Tyson Terrace Terrace & Picnic Seating
12-1:15	Healthful Lunch on the Terrace	Tyson Terrace
1:15-2:15	Free Time – unpack, rest, bookstore, campus offices	Campus, residence hall, bookstore
2:15-2:45	Meet at SAC; Trust Walk - Crossing the Track to the PAC;	SAC, PAC & Track
2:45-3:00	PAC tour	
3-4:00	Zumba Demo	PAC
4-4:45	Freshen for Dinner	Residence Hall
4:45-7:00*	Dinner Program with Peer Advisors	Hunt Dining Hall – East

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