

# COLUMBIA SPECTATOR ARCHIVE

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[ARTICLE]

## Barnard holds personal health awareness week

By Eric Roston

Massages, finger painting, and aerobics highlight Barnard's second annual Student Personal Awareness (SPA) Week, which begins today and offers more educational programs than last year's event, according to Barnard's Director of College Activities Lisa LoParco.

Each day, SPA will sponsor activities which relate to a specific theme. "Mind and Body Day" is today, followed by "Emotions Day" and "Community and Work Day" on Tuesday and Wednesday.

"Last year, we did a lot of splashy things to market SPA," LoParco said, mentioning a comedy troupe that talked about women's issues.

Students surveyed last year responded positively to the first SPA week, but criticized its lack of

substantial workshops, LoParco said.

SPA will become a more visible organization this year by cosponsoring educational programs and helping other struggling organizations, she added. Later this month, SPA will take part in Alcohol Awareness Week and an AIDS film series.

SPA also sponsors the Treat Yourself Right program at Hewitt and McIntosh dining halls, which began last semester. This program helps students learn how to eat well, according to LoParco.

SPA events scheduled for "Mind and Body Day" today include a smoking cessation lecture sponsored by the American Cancer Society, and nutrition and aerobic programs are also among today's activities, which are being held bet

ween noon and 2 p.m. in the upper level of McIntosh.

"Exercise tends to get put on the back burner when they've got a paper to write or other schoolwork to do," said Mind and Body Committee Member Angela Conley, a student in Teachers College. "We're trying to do a little consciousness-raising to make people understand the importance of physical fitness.

"We'd like to have something ongoing to reinforce that the body's fitness state directly affects mental facilities," she said.

Emotions Day features a licensed massage and a stress management workshop, which will teach students how to cope with everyday stress. "Community and Work Day" programs deal with environmental, community service and career issues.

SPA emphasizes a holistic approach to personal awareness, according to Conley. The three main branches of SPA cover the basic areas necessary to topics of personal development and maintenance, she said.