Sullivan University hosts international conferences

CONFERENCES ON CONFLICT MANAGEMENT

When Ireland’s largest union requested specialized training in change management, it asked Sullivan’s Graduate Studies in Conflict Management and violence prevention, including Lord Brett, Dr. Price Foster from Sullivan’s College of Law, and especially in the healthcare sector. Lord Bill Brett, President of the National Union (Ireland) requested this conference to continue the opportunity for participants to explore and discuss the key issues in current conflict management strategies. Dr. Eric Hatler, Dean of Sullivan’s Graduate School anchored the program.

Sullivan’s Wellness Center gave everyone something to Gnaw on

The Wellness Center’s Second Annual General Nutrition Awareness Week (GNAW) 2008: “Branching Out” recently brought nutrition experts to campus and featured some of Sullivan’s resident experts. In addition to the Sullivan community, the event was open to the public and to students from Spenserian College and Louisville Technical Institute, both part of The Sullivan University System.

A presentation on “No Gluten-Much Gusto!” engaged a huge audience. Faculty member, Cynthia Kennedy, M.S., R.D., L.D., presented the plight of celiac disease, a gluten-free cold chocolate cake sweetly ended the talk. Sullivan Chef Instructor Katie Payne CSC, gave mini wraps to treats listeners to a taste of “Fish for Breakfast,” with varying levels of access to fresh foods. Dustin Not-So-White-Wednesday.

Margaret Heyn, M.S., R.D., L.D., loaded up listeners with a full plate on “Successful Weight Loss Strategies.” Elizabeth Feehler, M.S., R.D., L.D., from the Kentucky Cabinet of Health & Family Services explained how “Fruits & Veggies - More Matters!” fits into the state’s plans to emphasize connecting good nutrition with good health. Stress.

Several hundred attended the largest ever Soirée-No-Fat-Tuesday Wellness Fair, which included exercise options from Fit-Kids Family Wellness and Beechmont Community Center. “Fat Flavors Around the World” and “Medicinal Magic of Everyday Indian Herbs and Spices,” international cuisine booths were popular with students. The Sullivan Mock Market (highlighted the benefits of grocery shopping with wholesome food products in mind, including a real deal provided by Mr. Catering, a popular exhibit.

The National Eating Disorder Screening Program served many participants, thanks to post-grad therapists and other visiting practitioners. The screening activity supplemented eating disorder specialist. Lauren Kehr’s talk, “Emotional Eating” when she stressed that we “make peace with your food” by adopting an attitude of mindful eating. Baptist Hospital East and Mistletoe Wellness Center conducted other physical screenings for blood sugar and body fat. Thanks to the joint sponsorship by Sullivan’s Wellness Center and National Center for Hospitality Studies, the week was a great success.