**Upcoming Events**

**Wellness Center Health Fair**
Wednesday, Sept. 10th, 11am-2pm
McMicken Commons
Representatives from various health and wellness related organizations will be providing students with information about resources, events, volunteer opportunities, and health related support. Stop by to learn about what all Cincinnati has to offer to help improve your health!

**CECH Welcome Back BBQ**
Thursday, Sept. 12th, 11:30am-1:30pm
Lawn between Teachers and Law Bldg.
For all incoming students, this is a long-standing tradition in our college where Dean Johnson cooks up some amazing food for the students, faculty, & staff of CECH! Stop by to re-connect with your fellow students and faculty after the long summer. You don’t want to miss it!

**HPE Healthy Happy Hour**
Wednesday, Sept. 10th, 2-2:30pm
Stratford Ballroom
All current and prospective HPE students are invited to attend! This is an opportunity to meet faculty, explore opportunities to get involved, and interact with other HPE students in a laid back environment. Snacks will be provided!

**Health Educators Institute**
Thursday, Oct. 23rd-Friday, Oct. 24th
Maumee Bay State Park in Toledo OH
HEI is an opportunity to network with other health education professionals and learn about what changes and advancements are happening in health education. For more information on cost and transportation, contact Amanda Lynch.

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**Alumni Spotlight: Ashley Varol**

“The apple doesn’t fall far from the tree” they say - Ashley Varol, a native of Anderson, a suburb of Cincinnati, OH, is a Bearcat through and through – she’s been on campus since 2002, first earning a BS in Health Science, then found Health Education after initially starting in the Doctor of Physical Therapy program. Largely due to her role as a personal trainer and group fitness instructor at the UC Campus Recreation Center, where she is the Assistant Director of Fitness & Wellness, she quickly realized she wanted to address wellness on a larger scale. She completed her M.Ed. in 2008 with a concentration on community health and is planning to finish her Ph.D. in August 2015 with her research focus being on visible and invisible disabilities which are both stigmatized or not, and the implications for communication by health educators. Ashley has her hands in a lot of facets of health and wellness. She serves on the exam development committee with the American Council on Exercise (ACE), she teaches nationally as a Master Trainer for both ACE and BOSU, and is a Board Member of the Women’s Fitness Association. While all of these things keep her quite busy, the busiest part of her day is keeping up with her toddler, Gabriel.
Michael Kwame Ebu Gaisie was born in Akron, Ohio and attended Lincoln Community School in Accra, Ghana where he graduated in 2012. As a junior at the University of Cincinnati, Michael is striving to obtain a degree in Health Promotion & Education with a minor in Business Administration. His time living overseas revealed a strong interest in Global Health, a field in which he now hopes to pursue a long-term impactful career working with major international health organizations. Michael is an active and esteemed member of the UC chapter of Eta Sigma Gamma, a health education honorary group where he holds the secretary position. He recently accepted a student worker position at the UC student wellness center as a peer educator, where he hopes to educate his fellow peers about health topics through education and awareness: responsible alcohol use. In partnership with the Coalition for a Drug Free Greater Cincinnati, the group brought the LessThanUThink campaign to UC. The campaign teaches students about the risks of binge drinking, and how to avoid getting involved in potentially harmful situations while out with friends. The campaign featured eye-catching posters to send the message to students. This was a great opportunity for the HPE program to educate students on a relevant health issue in hopes to reduce risk and increase awareness.

ESG not only had a successful year in their education outreach efforts, but they also inducted 21 new members into the national organization who will help their efforts continue to grow each year. If you would like to be apart of this ground-breaking group, contact Erika Henry, henryek@mail.uc.edu, for more information!

Outside of ESG, the HPE program was very excited to take 12 students to the Health Educators’ Institute in October of 2013. This was the largest group of students representing UC at the conference in years! Additionally, HPE graduate students presented research at local, state, and national conferences.

The program faculty have been actively researching a variety of different health topics, including drug and alcohol use, mental health, violence, HPV vaccinations, and coping skills among chronically ill children. Our faculty have published over 50 peer-reviewed journal articles within the last year!

To keep up on everything that is happening in the HPE program follow the UC Health Promotion & Education Facebook page for updates on all the great things students and faculty are doing. Let’s continue this trend and grow on what we have done to make this year an even more successful!

Undergraduate Student Spotlight: Michael Gaisie

Michael Kwame Ebu Gaisie is born in Akron, Ohio and attended Lincoln Community School in Accra, Ghana where he graduated in 2012. As a junior at the University of Cincinnati, Michael is striving to obtain a degree in Health Promotion & Education with a minor in Business Administration. His time living overseas revealed a strong interest in Global Health, a field in which he now hopes to pursue a long-term impactful career working with major international health organizations. Michael is an active and esteemed member of the UC chapter of Eta Sigma Gamma, a health education honorary group where he holds the secretary position. He recently accepted a student worker position at the UC student wellness center as a peer educator, where he hopes to educate his fellow peers about health topics through various campus health initiatives. Michael loves to travel, cook, watch/play sports, and spend quality time with family and friends. He gives all praise to God and his parents, who continually put him in positions to succeed. Upon graduating he plans on pursuing a MPH in Global Health and ultimately achieving the long-term goal of obtaining a PhD within the field.

Graduate Student Spotlight: Rebecca Elkins

Rebecca Elkins is a third year doctoral student in the Health Promotion and Education Program at the University of Cincinnati. A native of Fayetteville, Ohio and now Milford resident, Rebecca has gained valuable experience in developing and implementing community-based health promotion and education programs for adolescents. She has expertise in physical activity and psychological issues for children and adolescents. Rebecca has presented at national, regional, and local conferences regarding the aforementioned areas and has multiple publications as well. As a graduate assistant, she served as the Wellness Coordinator for faculty through the Human Resources department her first year at UC. Rebecca has developed and taught several undergraduate and graduate level courses including Foundations in Health Promotion and Education, Applied Statistics for Human Services, Nutrition and Health, Environmental Health, Personal Health, Performance Enhancing Drugs, Marathon Training and Philosophy of Sport. Rebecca is an active member of Eta Sigma Gamma and has participated in several on campus events to raise awareness, including the LessThanUThink campaign to combat binge drinking and events to increase awareness about safer sex, sun exposure and proper nutrition. Rebecca’s research interests include obesity, transitional development and psychosocial health, health disparities and drug use among adolescents, specifically performance enhancing drugs. Upon completion of her degree Rebecca plans to pursue a career in academia as a professor.