

WEDNES
OCT. 2
NOON
TH 171

STUDENT/ALUM MEET AND GREET

Exercise Science alum Jared Perez '17

Jared Perez will share his journey from a Puget Sound football player, through graduate schools, to currently working as an AI engineer in the health sciences. Pizza and refreshments provided. R.S.V.P.: pataylor@pugetsound.edu.

THURS
OCT. 3
4 P.M.
TH 175

"EVOLVING PERSPECTIVES IN HEALTH SCIENCES"

Thompson Hall Science and Math Seminar

Jared Perez '17, Exercise Science alum and AI engineer for IFit, will discuss his career journey through health sciences and his current research and work.

Friday
OCT. 4
NOON

CAMPUS FITNESS WALKS

Join Professor of Exercise Science Gary McCall for a 30-40 minute campus walk and learn some factoids about how movement promotes health and well-being. Meet outside the Wilson Welcome Center at noon.

Additional walks are scheduled for **Wednesdays** on **Oct. 16, 23, and 30**. Meet outside the Wilson Welcome Center at noon.

WEDNES
OCT. 9
NOON
Library 053

MOVEMENT CHALLENGE KICKOFF

Presentations followed by a walk around campus to kick off the **2024 Movement Challenge** co-sponsored by Human Resources and the School of Physical Therapy. Meet in Collins Memorial Library 053.

FRIDAY
OCT. 11
11:30 -1 P.M.
Wheelock
Murray Boardroom

"THE HUMAN PREDICAMENT" HEALTH DISCUSSION

Guest speaker **Frank Forencich**, PT adjunct faculty member, will lead a 30-minute discussion of "the human predicament" (i.e., sedentarism vs. movement, sick care vs. healthcare, etc.), followed by 30-60 minutes of movements that blend functionality with creativity.



Jared Perez '17



Campus Fitness Walk 2023



Frank Forencich