



## **Wellness University Project Lazarus**

### **Description:**

The Wellness University (WU) is a year-round program that includes a curriculum of classes in the fall, spring and summer. WU offers Project Lazarus residents the experience and confidence they need to secure and maintain permanent housing, physical and mental wellness, and meet daily lifestyle goals.

We offer three main types of educational experiences at WU:

1. 8-week courses
2. Weekly excursions
3. Bi-weekly Wellness Visits

All residents are required to take two, 8-week courses per semester, including at least two core curriculum courses.

WU points breakdown as follows:

1. 8-week Courses: 20 points for attending at least 6 out of 8 classes.
2. Weekly Excursions (example: morning walk): 2 points per activity.
3. Bi-weekly Wellness Visits (example: meditation): 2 points per meeting.

### **WU Graduation and Rewards:**

In order to graduate from the Wellness University, residents need to complete the following requirements:

Requirements	Points	Reward *
<b>4 Core Classes</b>	80 pts	\$25
<b>4 Electives or more</b>	80 pts	\$25
<b>50 Activities</b>	100 pts	\$25
<b>Capstone Project</b>	100 pts	\$25

\*Students will receive their cash reward when they successfully leave Project Lazarus. This money will provide an extra boost toward creating the lifestyle they planned in WU classes.

## Wellness University Course Catalog Through Summer 2015

Course schedules are posted on the Resident Activity Board at least 1-week prior to the start of each semester. Semesters are as follows:

- Fall Semester (September to November)
- Spring Semester (January to March)
- Summer Semester (June to August)

### 8-Week Courses:

#### Core Curriculum Courses (1 Hour, Weekly, Stay the Same Throughout the Year)

**1. WU-C101-HIV 101**

*Teacher: NO/AIDS Task Force*

The HIV 101 Course will expound on the transmission, pathogenesis, epidemiology, screening, diagnosis, and treatment of HIV.

**2. WU-C102-Financial Literacy**

*Teacher: Mary Elizabeth*

This course will offer participants a better understanding of their finances. The course addresses banking, budgeting, predatory lending, debt management and spending strategies.

**3. WU-C103-Self Empowerment Part 1 (4 weeks)**

*Teacher: Jack Fowler*

Participants will understand how to craft a detailed vision of their independent, adult future with the help of *The Game of Life and How to Play It* and/or other texts.

**WU-C103.1-Self Empowerment Part 2 (4 weeks)**

*Teacher: Paul Meddleton*

Participants will learn an array of skills necessary to reach their goals. Empowerment skills include: improving verbal and written communication, reading maps, navigating a phone book or online directory, knowing the basics about a living will and other essential skills for independence.

**4. WU-C104-Medication and Wellness (Walgreens)**

*Teacher: Walgreens Pharmacists*

This course is designed to encourage participants to apply adherence strategies, medication compliance, and HIV treatment to their lives. It also provides a basic understanding of medication side effects. Residents will increase their confidence and understanding of their medications, with the ultimate goal of taking charge of their own medication regime.

Electives Summer 2014 (1 Hour, Weekly, Rotate Throughout the Year):

**1. WU-AS108-Writing about Advocacy and Culture**

*Teacher: Jessica Kinnison*

This course offers a structure analysis of American society and the history of HIV/AIDS and homelessness. Each class will contain a relevant reading, discussion of the reading and related in-class writing prompt. By the end of the course, participants should have a developing sense of self in the larger context of HIV/AIDS and homelessness in the United States, a working understanding of the systems at play, and have the ability to connect their story to a broader context.

**2. WU-AS106A-Photography II**

*Teacher: Kelsey McLaughlin*

This course offers an understanding of the basics of the creative and technical side of photography. Participants will learn alternative printing processes, creative composition, general history through discussions of famous photographers, and understand the power behind a well-composed photograph. The class aims to inspire creativity and alternative thinking and a foster a desire to continue photographic endeavors in the future.

**3. WU-AS110-Career Development**

*Teacher: Unknown*

This course will assist participants in identifying skills, interests, abilities, goals, and values as they relate to careers. With this information, students will explore career fields and assess if these fields are a good fit for them. Participants will write a resume, cover letter, and practice interviewing techniques.

**4. WU-AS104-Yoga and Relaxation**

*Teacher: Two local yoga instructors on a rotating schedule.*

This course is for beginners and functions as a guide to health, fitness, and relaxation. It caters to participants at any level of physical ability. No prior yoga experience required.

Electives Fall 2014 (1 Hour, Weekly, Rotate Throughout the Year):

**1. WU-AS112-Writing about Promising Spirituality Practices**

*Teacher: Jessica Kinnison*

In this course, participants will learn different ways in which people experience spirituality around the world. In addition, participants will examine how personal spiritual practice can be used to promote cross-cultural understanding, positive daily routine and ritual, and a general sense of self-worth. Each class will include a reading or presentation about a spirituality-based idea, discussion of the idea, and writing prompt related to that idea.

**2. WU-AS109-Music Therapy**

*Teacher: Loyola Students*

The participants will use sounds and singing to relieve emotions as a means of psychotherapy treatment. The participants will play instruments and dance to the sound of the music.

**3. WU-AS111-Pre-GED Courses**

*Teacher: Richard Jeansonne with backup Service Learning tutors*

This course is designed to help adults improve their understanding of the mathematics and reading skills needed to prepare for a general high school equivalency diploma. A syllabus detailing the topics and assignments of the 8-week course is provided along with student handouts and learning activities.

**4. WU-C103-Nutrition**

*Teacher: Second Harvest*

This course provides information and instruction in nutrition and health education that describes the role of nutrition in living a healthy and long life with HIV/AIDS. Students will learn how to identify the nutritional sources that address immune function and balance. This class has a cooking component, which demonstrates cooking on a budget while maintaining a nutritional diet.

**Electives Spring 2015 (Rotate Throughout the Year):**

**1. WU-AS113-Writing the Blog**

*Teacher: Jessica Kinnison*

This course offers basic computer skills, including typing, effective Internet search techniques, personal recordkeeping, and document creation through writing a class blog.

**2. WU-AS114-Accessing Resources on the Internet**

*Teacher: NewJV*

This course will offer a step-by-step overview of how to sign up for and update Social Security, the FAFSA and Medical Insurance on the Internet. It will also offer tutorials on job and apartment search sites, the New Orleans Public Library site, and sites that connect residents to other pertinent services and opportunities.

**3. WU-AS115-Introduction to Dance**

*Teacher: Dancer from Community*

This course will offer tools and techniques for experiencing the joy of movement, stretching, and connecting mind and spirit to body. It will cover a wide variety of styles including: hip hop, jazz, ballet, tap, and more.

**4. WU-AS109-Music Therapy**

*Teacher: Loyola students*

The participants will use sounds and singing to relieve emotions as a means of psychotherapy treatment. The participants will play instruments and dance to the sound of the music.

## **Electives Summer 2015 (Rotate Throughout the Year):**

### **1. WU-AS105-Introduction to Creative Writing**

*Teacher: Jessica Kinnison*

This course aims to empower participants by practicing the basic fundamentals of effective reading and writing. During the semester, students may also discover writing that speaks to them, and develop a writing practice that provides a creative, healthy outlet for personal thoughts and ideas.

### **2. WU-AS110-Career Development**

*Teacher: Unknown*

This course will assist participants in identifying skills, interests, abilities, goals, and values as they relate to careers. With this information, students will explore career fields and assess if these fields are a good fit for them. Participants will write a resume, cover letter, and practice interviewing techniques.

### **3. WU-AS107-Leadership Development**

*Teacher: New JV*

This course provides information and instruction conducive to leadership and development training. This course includes lessons in public speaking, community involvement, team building and leadership enhancement. The class will produce a consumer newsletter for distribution at Lazarus and Belle Reve.

### **4. WU-AS104-Yoga and Relaxation**

*Teacher: Local Instructors on rotating schedule.*

This course is for beginners and functions as a guide to health, fitness, and relaxation. It caters to participants at any level of physical ability. No prior yoga experience required.

## **Seminars (2 Hours)**

1. Seminars vary from semester to semester. They are posted on the activity board weekly. Examples include: a session with a spiritual leader in the New Orleans community, a master class with a local artist, in-depth blood borne pathogen trainings, and other special sessions that offer additional opportunities to learn about whole body wellness.

## **Weekly Excursions (Length Varies)**

### **1. WU-WE101-Morning Walk**

Walk around the neighborhood with fellow residents and the Resident Activities coordinator. The walk is a chance to get into the habit of daily exercise that's not too strenuous and also connect to the community outside of Lazarus. *Attention: The group allows residents to walk at their own pace.*

### **2. WU-WE102-Off-campus experiences:**

Project Lazarus offers various off-campus excursions throughout the year. Examples: Events at the Healing Center, workshops at NO/AIDS Task Force, Fringe Fest, JazzFest, visits to the Zoo, Aquarium, the Ogden Museum, and the New Orleans Museum of Art, HIV/AIDS advocacy activities, group movies and sports events.

## **Wellness Visits (1 Hour)**

### **1. WU-WV101-Meditation**

Biweekly meditation with an experienced guide.

### **2. WU-WV104-Acupuncture**

Biweekly acupuncture treatment with a certified acupuncture specialist.

### **3. WU-WV105-Bible Study**

Weekly discussions of Christian spirituality and literature.

### **4. WU-WV105-Massage Therapy**

Biweekly one-on-one sessions with a trained massage therapist.

### **5. WU-WV106-Personal Trainer**

Monthly session in the fitness center with two professional fitness trainers.

# Wellness University Contract

I, (Print Name) \_\_\_\_\_, agree to complete at least two courses per semester in the fall, spring and summer while living at Project Lazarus. I understand that these courses are a mandatory condition of my residency at Project Lazarus. If I do not attend these classes, I understand that it is well within the agency's rights to terminate my residency.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Move-in date: \_\_\_\_\_

