Pacific ASDA’s Make-Your-Own-Smoothie event was held on Wednesday, September 19, 2018 in our Dorfman Lecture Hall at University of the Pacific’s dental school. We invited the entire student body to come out during the lunch hour (1pm-2pm) by posting on social media and sending out mass emails and got about 115-120 students to attend! The total cost of the event was about $200, and we were able to get healthy ingredients such as soy milk, acai, orange juice, bananas, frozen blueberries, strawberries, and mangos, organic spinach, peanut butter, and chocolate protein powders. After the attendees made their own smoothie, they received a raffle ticket and could then play games on the Wii set up in the front of the room. At the end of the event, we raffled off a Hydroflask water bottle and a yoga mat.

Some challenges we had to work around were the set-up of the room and finding a place to store our perishable ingredients. According to our building operations school policy, we cannot move the furniture in the room around if there is a class there within the next hour. Unfortunately for this event, we were not allowed to move the furniture around but we worked with the pre-existing set-up as best as we could. We set up all the ingredients in a line, and volunteers helped serve the ingredients to keep the area as clean as possible. We had more volunteers in charge of the blenders, so once the attendee had all the ingredients he or she wanted, the volunteer was able to blend it together quickly. Finding a refrigerator/freezer to store our ingredients overnight was difficult, as the only appliances available were the ones for all the students in the school and there was not enough room. To combat this, one of our administrative staff members was able to pick up the ingredients the day of the event from Costco.

Overall, this event was very successful and a lot of people were able to enjoy their custom-made delicious and healthy smoothies!
Muffins for the D3s

Pacific ASDA’s last event for the wellness month was distributing muffins to the third year students right before their first final during finals week. We decided to target this event towards the third years, since we had a similar event earlier in the school year for first years, and the third years’s schedules make it difficult for them to attend other ASDA events. This event was held on Wednesday, September 26, 2018 at 10:30 am.

One difficulty we ran into was that it was finals week for all students at the school, so it was difficult for the students of the Wellness Committee to purchase and distribute the muffins. However, our administrative staff was able to help us out and purchased and distributed the muffins for us. The students were very appreciative of the sweet treats and had a great time!

The total cost of the event was $103, for 12 dozen muffins. We got an assortment of flavors, including poppyseed, coffee crumb cake, chocolate, and blueberry.
Pacific ASDA Presents Zumba Fitness

Our chapter invited a local Zumba instructor who has been teaching Zumba for 7 years to our school to host a Zumba Class. It was held in our school on September 4, 2018 at 6 pm, and we were able to clear out a classroom and use the empty space for our class (Room 136A). Although our attendance was low (only 5 people were present), the class was fun, energetic, and a great workout! We paid the Zumba instructor $200 (this was the only cost for putting on the event).

Our event was promoted through word of mouth, as well as fliers on social media a week before the event. We posted through Facebook on several pages (the Classes of 2020 and 2021 pages), as well as sent out an email to the entire school.

We ran into many challenges while planning this program. The date was decided about a month before the event and the instructor confirmed that she would be able to make it then. However, there were unforeseeable changes in the schedules of both Class of 2020 and Class of 2021 that led to exams and practicals (respectively) being held the very next day at 8 a.m. Additionally, to help the Class of 2021, many students from the Class of 2020 were tutoring in the simulation laboratory upstairs. There were also leadership events being held by the dean that evening, so even more students were tied down by other obligations. However, there was a lot of interest generated for this event, and had the rest of the week not been so busy, this event could easily have seen three or four times the attendance.

For those of us who did attend, the class was a lot of fun! The instructor picked a good mix of songs (both Latin and American) that were easy to dance to. She even catered and personalized the class to our needs, as she realized that we were students who were not necessarily looking for a tiring workout, but rather a way to dance and have fun. She made sure the moves were not too easy or too hard, and was very patient and receptive to our skill level.

If we were to do this event again, we would pick a time where more people could attend and the schedules were a little less busy. We are optimistic about our next event, our Make Your Own Smoothie event, later this month because it will be during school hours and people tend to flock to free food!

Rutu Shah
University of the Pacific Arthur A. Dugoni School of Dentistry
DDS Class of 2020
Pictures:

Our advertisement: