

Vanderbilt MPH Program Class Representatives - Resources and Ideas

Social Events

Ideas	Timeframe	Notes and Next Steps
Volleyball and Happy Hour Suggestion: faculty v. students	Any time	Set a date and time Happy Hour Suggestions: <ul style="list-style-type: none"> • Belcourt Taps & Tapas, 2117 Belcourt Avenue • Jackson's, 1800 21st Avenue South • Sam's and the Village Brewhouse, 1805 21st Avenue South Additional Info on Local Happy Hours Cost: Free
Yoga Night	Any time	The class of 2016 has two certified yoga instructors – Mary Bayham and Jillian Balsler Set date, time and pick a venue. Venue options include Peabody quad, MPH classroom Other yoga options: free (tip-based) yoga on Saturdays from 11am-12pm at Jackalope Brewing Company , 701 8 th Avenue South Cost: Free
Free Concerts + Food Trucks	Any time	Pick an event Go as a group Cost: Free Free concert series: <ul style="list-style-type: none"> - Live on the Green - Musicians' Corner
Football Tailgate	Fall games	Identify a date and time based on football schedule Set a location in/near Vandyville Ask people to sign up to bring chairs, food, grill, beverages, games Send reminders and encourage friends and families to attend Cost: Free
Movie Night	Wednesdays at 7pm	Look at the International Lens listings; identify a movie, and send out an invitation. Free popcorn is provided. Organize a discussion before/after the movie, invite a faculty member to speak about topic. Cost: Free

Swing Dancing	Any time	Set a date and time to go swing-dancing in Five Points (East Nashville) or at Amce Feed and Seed
Hiking at Percy Warner Park or Radnor Lake	Any time	Set a date and time Percy Warner Park , 7311 Highway 100 Radnor Lake , 1160 Otter Creek Road Cost: Free
First Saturday Art Crawl	First Saturday of every month, 6-9pm	Set a date and time Organize a discussion during/after the art crawl Cost: Free
Night Market at the Nashville Farmer's Market	Third Friday of every month, open until 8pm	Set a date and time Organize a discussion after the event Nashville Farmer's Market , 900 Rosa L. Parks Blvd Cost: Free
Potluck dinner or brunch	Any time	Set date, time and a location, MPH classroom available Suggestion: plan around a holiday
Vanderbilt Intramurals	Calendar Sign Up	Form a team Sign up Games are typically played Sunday from 1 – 5 pm and Monday through Thursday between 5 – 9 pm. Game days and times vary from sport to sport Cost: \$20 – \$40 per team

Additional Ideas:

- [101 free things to do: music, festivals, outdoors, family fun \(July 7, 2015\)](#)
- [Nashville for Free](#)

Public Health Events

Ideas	Timeframe	Notes and Next Steps
Regional Speaker Series	Any time	Identify a region and invite a faculty member or student speaker to give a brief talk or lead a discussion about experiences working there, or a current event effecting that area
Alumni Speaker Sessions	Any time	Invite a MPH alum to give a brief talk or lead a discussion about their area of expertise Suggestion: Can be done via Skype in the MPH classroom
National Public Health Week	April	Visit the website to see full info - Includes already sponsored events, toolkit for week, etc. Suggestion: Check with other health groups in the medical center. You could potentially join forces to create a larger event
MPH Thesis Bingo	February	Create bingo cards and distribute to students who attend 2 nd years' thesis presentations. Participants have to watch/listen for certain elements and mark their cards Examples: caterpillar graph, Poisson regression, certain countries or topics,
Public health photo contest	Fall	Award prizes for best practicum photos with categories like people, landscapes, funniest, etc.
Scavenger Hunt (for new students)	Fall	Identify certain checkpoints across campus as locations where incoming MPH students should know about (libraries, cafeterias, post office, student health center, Kay Bob's, etc) Spilt into teams Award a prize to the winning team
Public Health Trivia Night Student/Faculty Public Health Trivia Night	Any time	Identify venue (Sportsmans upstairs) Create questions based on general public health trivia and VU/Nashville public health facts and figures. Teams could be Epi vs. Global Health, students vs. faculty, 1 st years vs. 2 nd years, etc. Prizes could be dinner/lunch with Dr. Griffin, APHA annual membership, etc. Sample questions here

Service Opportunities

(one in the fall semester and one in the spring semester)

Ideas	Notes and Next Steps	
Fall Weekend of Service and/or MLK Weekend of Service	Vanderbilt OACS website Suggestion: join an already established event in the med center or university	
Shade Tree Clinic	Volunteer Info	
Siloam	Volunteer Info	
Nashville CARES	Volunteer Info Suggestions: care packages, free HIV testing event on campus or in community, get a group together for Dining Out For Life, stocking the food pantry, making food bags, CARE team, etc.	
Second Harvest Food Bank	Volunteer Info Suggestions: food drive, on-site volunteer	
Room in the Inn	Volunteer Info Set date and time Group volunteer opportunities are available	
Thistle Farms	Volunteer Info	
Park Center	Volunteer Info Set a date Group volunteer opportunities are available	
Oasis Center	Volunteer Info Suggestions: Project Hope – organize a backpack supply drive, multiple family group Wednesday dinners	
Red Cross	Volunteer Info Suggestion: Plug in to existing blood drives on campus, help with that and go as a group to donate	
Habitat for Humanity of Greater Nashville	Volunteer Info Set date and time Group volunteer opportunities are available Suggestion: on-site volunteer	
Hands on Nashville	Set a date Pick on activity and sign up for it as a group Will receive email confirmation	
Relay for Life	Event info Create a team or join an established group Fundraise Participate in the Vanderbilt Relay for Life	
World AIDS Day (December 1)	Toolkit Suggestions: Plan a campus/med center event, wear red, distribute red ribbons to gain awareness	
Fun Runs/Walks click here for some others and google more		
Shade Tree Trot	April	5K Run/Walk Location: Registration and start at Vanderbilt University Football Stadium
Nashville AIDS Walk	September/October	5K Run/Walk Location: Riverfront Park