David Nieman, DrPH
Professor, College of Health Sciences, Appalachian State University
Director of the Human Performance Lab, North Carolina Research Campus, Kannapolis, NC

Dr. David Nieman is a professor of health and exercise science at Appalachian State University, and director of the Human Performance Lab at the North Carolina Research Campus in Kannapolis, NC. Dr. Nieman is a pioneer in the research area of exercise immunology and helped establish that regular moderate exercise lowers upper respiratory tract infection rates while improving immunosurveillance, and that heavy exertion increases infection rates while causing immune dysfunction.

May 7, 2015
A Walk a Day Keeps the Doctor Away
12:00-1:00 p.m.
Location: WesternU Lebanon, Lecture Hall 1
Streamed to WesternU Pomona, HEC Lecture Hall 1

Continued lecture to Lifestyle Medicine students
1:00-4:00 p.m.
Location: WesternU Lebanon, Lecture Hall 1
Streamed to WesternU Pomona, HEC Lecture Hall 1

June 4, 2015
Follow up lecture on lifestyle medicine
Time TBD
Location: WesternU Pomona, HEC Lecture Hall 1
Streamed to WesternU Lebanon, Lecture Hall 1