

Wellness Day Fair

in the
Center for Student Success

*Come and learn about physical
and mental health well-being!*

REFRESHMENTS SERVED

WELLNESS DAY EVENTS:

- Step Aerobics
- Body Composition Analysis
- Yoga for Life
- QiGong
- Relaxation Techniques
- Facials
- Specialty tables by the Human Services Club, Nursing and Radiography
- Substance Abuse and HIV Prevention/Resources
- Information on domestic violence and sexual assault prevention
- General Health and Wellness Information

Go Healthy!

When: March 10, 2016

Where: Center for Student Success

Time: 1:30Pm-3:30PM