

# START on TRACK...STAY on TRACK!!!

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The **C**enter for **S**tudent **S**uccess  
&  
Office of **S**tudent **A**ctivities  
Presents

## Wellness Day

**When: Thursday, April 23<sup>rd</sup>, 2015**  
**Where: The Center for Student Success**  
**Time: 1:00PM-3:00PM**

*Today's Schedule:*

- HEALTH AWARENESS
- FITNESS & WELLNESS
- CARDIO-FLOOR EXERCISES
- ABDOMINAL EXERCISES – CORE EMPHASIS
- MEDITATION/RELAXATION – GUIDED IMAGERY
- PRESENTATION OF RELAXATION TECHNIQUES
- BODY COMPOSITION/WEIGHT/BODY FAT/MUSCLE
- FACIALS
- SUBSTANCE ABUSE AND HIV PREVENTION/RESOURCES

**COME AND LEARN ABOUT  
PHYSICAL AND MENTAL WELL BEING!!!!**

**FOOD!!!!!! GIVE-AWAYS!!!!!! GAMES!!!!!!**