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