This is a campus event open to students, faculty, staff, and community.

- We will have interactive health and wellness booths, as well as yoga, zumba, a scavenger hunt, and an organized campus walk at 2pm.
- This is part of RIDD week, promoting healthier alternatives.
- Come show how you LIVE STRONG.

Topics will be geared toward college students and those with busy lifestyles.

- Learn practical ways to increase sleep, decrease stress, decrease cancer risks, improve nutrition, etc.

Donate ONLINE or Mail form and donation to:

Jennifer Didier
Dept of Health & Kinesiology
HKC 217
SHSU Box 2167,
Huntsville, TX 77341

Checks payable to: LAF or Lance Armstrong Foundation

Phone: 936-435-1183
Fax: 936-294-3891
E-mail: jjj017@shsu.edu

I would like to make a tax deductible donation to the LAF

In honor of/memory of/support of

Signature Date

I LIVE STRONG by.....