



# Sam Houston State University

*A Member of The Texas State University System*

The Department of Health and Kinesiology, and ADAI are hosting a wellness program encouraging healthy behaviors as part of the R.I.D.D. week activities.



**When:** Wednesday, March 2, 2011, from 10am – 2pm

**Where:** SHSU Mall

**Who:** SHSU students and faculty and anyone who wants to come and learn and/or take part in healthy behaviors.

**What:** Hands on activities to learn creative ways to move, cook, eat, sleep, reduce cancer risks, stress, and more related to improving health and wellness **ONE STEP AT A TIME**.

- Sign the pledge to “Move more—1 step at a time”
- Learn about health & wellness, fitness, nutrition, sleep, stress reduction, etc...
- Take part in a scavenger hunt around campus to win prizes
- Take part in an organized walk in honor of Sam Houston’s birthday
- Learn a few Yoga poses
- Try a few Zumba moves

For more information please contact: **Dr. Jennifer Didier**

Sam Houston State University  
SHSU Box 2176  
HKC room 217  
Huntsville, TX 77341  
936-294-1183  
jjj017@shsu.edu

Sponsored by:

