

Words of Wellness

Wednesdays
Jan 31
- March 7

LSC Room 304
12:00 - 12:50

University
Wellness
Committee

Achieve Overall Wellness
Stress Management
Dieting Myths
Healthy Eating on the Run
Heart Health & Aerobic Exercise
CORE strength (Abs & Back)

*Don't forget to bring your lunch

Sam Houston State University
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For More Information,
contact Mindy Oden at 936-294-1307