

WELLNESS WEEK

**KICK OFF
WELLNESS
WEEK
WITH
SNEAKER
DAY
FRIDAY
OCTOBER 13,
1989**



OCTOBER 13 > 20, 1989

**MONDAY
OCTOBER 16**

**Mike Woods
in CAPS**

**Stress Management
Seminar**

**TUESDAY
OCTOBER 17**

**Aerobathon (Gym)
Dance for Heart**

**AIDS Awareness
Day**

**WEDNESDAY
OCTOBER 18**

**Participation Challenge
(Gym)**

**THURSDAY
OCTOBER 19**

**Wellness > Cholesterol Testing > Healthy Weight
Fair > Blood Pressure Testing > Substance Abuse**

**FRIDAY
OCTOBER 20**

**Quit and Win
Entries**

**Fit Four Life Seminar
Positive Living**



**FOR MORE INFORMATION CONTACT
THE STUDENT LIFE DEPARTMENT AT 675-5097**

