

Your Prescription for Health

WEEKLY WELLNESS SERVICES

- ✓ FREE
- ✓ NO APPT REQUIRED
- ✓ STARTING
MONDAY, FEB. 20



Blood Chemistry Testing

- MONDAYS
- 11AM - 2PM
- WRC FITNESS FLOOR



Weekly Walks

- TUESDAYS
- 5 P.M.
- MEET @ THE BOBCAT HEAD

**Rain location:
Centennial Center*



Equipment Orientations

- FRIDAYS
- 1PM - 3PM
- 30- MINUTE SESSIONS



**WELLNESS AND
RECREATION**

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