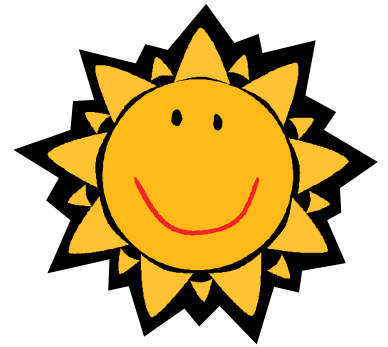




SPRING INTO WELLNESS



**Spring Wellness Fair
for Faculty and Staff**
Wednesday, April 29, 2009
10:00am – 2:00pm
Konover Campus Center

Join us for an information and fun filled event geared to provide you with a concentration of activities surrounding proper skin care, healthy eating, exercise and mental health. Learn how to take steps to lower your risk of disease and improve overall health and well-being. Get exciting tips on bringing Wellness Home to include your Family and Friends.

Sign up to join a Dragon Boat Race Team

Receive a free shoe/gait analysis & prescription

Step inside the UHC Derma-Scan and learn about your skin

Enjoy a Nutritious Snack

Obtain information on various local ways to increase your outdoor activity!

Have your Blood Pressure & BMI Checked

And Much More.....

Plus play Vendor BINGO for a chance to win a New Bicycle, a Round of Golf, Pedometer, Fit Plates and many other fabulous Raffle Prizes!

Live Better, Longer!

