

Eta Sigma Gamma

Presents

“Spring into Health”



For Faculty and Staff of the
**College of Education
and Human Services**

When: Friday, April 10th 2009

Time: 11:30am - 1:30pm

Where: Pulliam Gymnasium

Screenings: BP, Bone Density,
Body Composition, Diabetes

Demonstrations: Yoga, Healthy Eating,
Workstation Stretches

Information: Healthy Recipes, Advance
Directives, Stress Management

Lite Lunch While Supplies Last!

Door Prizes & Much More!



Sponsored by: Eta Sigma Gamma, Department of Health Education and Recreation,
and the College of Education and Human Services