


Fall 2011 Health and Wellness Expo

This years fall theme is Heart Health

Hope Within  Student Organization

Metropolitan
State University

GIFT CARD PRIZES!!!

Every Half Hour!

Join Us...

Date

Thursday, October 20, 2011

Time

10:00 AM to 2:00 PM

Location

Great Hall, New Main

In Collaboration with

- Nursing Student Organization
- Muslim Student Organization
- Counseling Services
- Metro State Bookstore
- Student Life and Leadership
- And More!!!

Programs

10:00 - 10:15 Welcome and Standup Comedian Eric Peter De Wolff

10:15 - 10:30 Heart Transplant Speaker (Heart of an Iraqi veteran)

10:30 - 10:45 Dream of Wild Health <http://dreamofwildhealth.org/>

11:00 - 11:30 Counseling Services

11:30 - 12:30 Urban Cadence Jazz Band

12:45 - 1:15 Pilates class/demonstration (Bring your own yoga mat, towel, or blanket!)

1:15 - 2:00 Community CPR refresher

Informational Booths

ALL DAY!

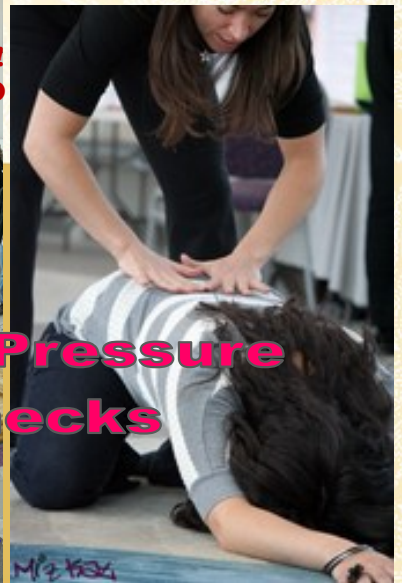


Pilates Demonstration

BACK BY POPULAR DEMAND!
URBAN CADENCE JAZZ BAND



Blood Pressure checks



CPR Refresher

and Much MORE!

RSVP to hopewithinu@gmail.com

Persons with a disability who need reasonable accommodation to participate in these events must call Disability Services at 651-793-1549 (voice) or 651-793-7687 (TTY) two weeks prior to event. Free and open to the public. An Equal Opportunity Employer and Educator