


Fall 2012 Health and Wellness Expo

Hope Within  Student Organization

Metropolitan
State University

GIFT CARD PRIZES!!!

Wednesday, October 24, 2012

11:00 AM to 5:00 PM

Great Hall, New Main

JUST WALK IN AND HAVE FUN!

- Win a year of membership at LA Fitness for Free!
- Talk to a Dietitian Specialist
- Check your BMI
- Free Massage
- Find out your Blood Type
- And More!!!

Schedule:

- 11:00-11:10 Welcome
- 11:15-11:30 Heart Transplant
Speaker (Heart of an Iraqi veteran)
- 11:30-12:30 Health Lunch!
- 11:30-12:30 Live Music Performance
from Celtic artist Thea Ennen
- 12:30-1:00 Karate Demonstration
- 1:00-3:00 More Live Performance
- 3:00-4:00 Hanzo Training with
Ron Morris (Kettlebell workout session)
- 4:00-5:00 Closing Activity

LA Fitness Free Memberships



Free Massages

Organic Chocolates!


All day!

Kettlebell Workout Session

Enjoy Healthy Organic Snacks all day!



Dietitian specialist on site!



Get your BMI Checked and Much MORE!

Please RSVP to HopeWithinU@gmail.com

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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.