

# Fall 2013 Health and Wellness Expo

This year's fall theme is **Holistic Approach to Health & Wellness**

Hope Within U

Metropolitan  
State University



**Wednesday November 6th**  
**From 10:30am to 3pm @ New Main Great Hall**

**Free Chair  
Massage**

**See Qigong Master  
Shaolin Demo!**

**Organic Chocolates!**

**Jazz Band: Urban Cadence**

**Health Educators &  
Motivational Speakers  
All Day**

**Informational Booths  
ALL DAY!**

#### SERVICES MAY INCLUDE

- MnSURE information and helping students to sign up
- Blood pressure check and other basic check-ups
- Breast screening
- Behavioral health
- Mental health
- STD/HIV testing
- Dental services
- Teen check-up
- Immunization for children

Hope Within U (Health & Wellness) Student Organization.

In partnership with Student Life and Leadership Development, the Dean of Students office, the Student Parent Center., the SouthSide Community Health Services, Counseling Services, the Nursing Student Organization and more!