

Spring 2013 Health and Wellness Expo

Monday April 15th

DON'T MISS OUT



Enjoy
Healthy, organic
snacks.

Organic Lunch!

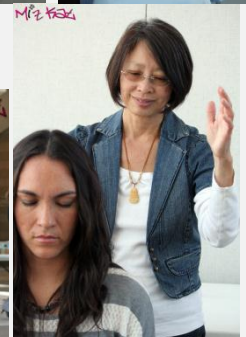
Plus Healthy Snacks all day!

Just walk-in and
HAVE FUN!

**FREE MASSAGE
ALL DAY!**

**Health Workout
Demonstrations**

**Blood Drive! in
FH Reception Area**



Programs

- 10:00am-10:30am: Introduction
- 11:00am-1130am: Heart transplant story.
- 11:30am-12:00pm: Integrative Health & Wellness Self Defense
- 12:00-1:00pm: Erin Currie - Stress Management techniques
- 1:00pm-2:00pm: Ron Morris - Qi Dong
- 2:00pm-3:00pm: Ron Morris - Diet Workout
- 4:00pm-5:00pm: Zumba – Cathy Molinett

Join Us...

**Date: Monday
April 15th 2012**
**Time: 11:00 AM to 5:00
PM**
**Location: Great Hall,
New Main, Saint Paul
Campus!**



Free and open to the public, limited seating. RSVP to Hope Within U at hopewithinu@gamil.com. Persons with disabilities who need a reasonable accommodation to participate in these events call Disability Services at 651-772-7687 (TTY), two weeks prior to event. Metropolitan State University is an equal opportunity employer and educator.