

WELLNESS WEDNESDAY WORKSHOP:

HEALTHY EATING ON THE RUN

Are you struggling to combine nutritious eating
with your fast paced lifestyle?

Join us to learn practical “on the run” tips!

Workshop facilitated by Excellus (Health Education Programs)

Eating on the run CAN be healthy!

Date: Sept. 27th 2017

Time: 12n-12:45pm

Location: 200B-Downtown Campus

Light refreshments will be served

