

Wellness Wednesday Workshop



MOVE MORE, FEEL BETTER

Every little bit of physical activity counts!

Overcoming barriers, get motivated, and start moving! This workshop discusses the benefits and importance of physical activity. Students will learn tips and tools to incorporate physical activity into their everyday, busy lives.

Date: Oct. 25th 2017

Time: 12n-12:45pm

Location: 200B-**Downtown Campus**

Light refreshments will be served.

Workshop facilitated by Excellus (Health Education Programs)

Wellness Promotion Center
DOWNTOWN CAMPUS
Promoting Healthy Living



Monroe Community College
STATE UNIVERSITY OF NEW YORK