

Presenter: Jeanette Auer, MA/MS/PhD
Reg. Wellness Director, New Fitness Concepts

Join us at this educational seminar!

“ Effective Wellness Goal Setting

Date	Time	Location
1/21/11	11:00am to 12:00pm	MLK Bldg, 2nd Fl Conf Rm
1/26/11	12:30pm to 1:30pm	OTV Bldg, 1st Fl Conf Rm
1/27/11	10:00am to 11:00am	SPCC, 1st Fl, Grp Exercise Studio

SEATING IS LIMITED, REGISTRATION REQUIRED

DEADLINE FOR REGISTRATION: JANUARY 20, 2011

Please RSVP to
Hector.galarce@avmed.org

Healthy Snacks
Educational Literature

Enter raffle to win a prize

