

Counselor Education *Wellness Works* presents:

Healthy for the Holidays



Staying healthy through the holiday season can be easy and enjoyable. Dress comfortably to learn quick & effective exercises that you can do anywhere. Also discover easy recipe substitutions that do not sacrifice taste.

Tuesday, December 9, 2008
5:30 – 6:30 pm
Norman 1327A

Presented by

Erin Brown Rosin

Body Bugg Certified (nutrition)
Certified Strength & Conditioning Specialist (CSCS)
“Ultimate Get Fit” Instructor at the Women's Center
in Thornbrook Village (M-W-F 6-7pm)

If you have any comments, questions or suggestions for future wellness activities, please contact:

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