

Frio Commons  
October 21, 2009  
10 am to 1 pm



# HEALTH AND WELLNESS EXPO

## at the Downtown Campus

### Featuring:

Health & Kinesiology Mobile Unit  
Nutrition • Workplace Safety  
Health Screenings • Free HIV Testing  
over 35 community agencies



Body Comp  
Cholesterol  
Weight, Height

Drunk Goggles Basketball  
Bill Miller Plaza  
10 am to 1 pm

DT Campus Walk  
Bill Miller Plaza  
10 am & 11:30 am

Free Pedometers  
to all walk  
participants

Pilates Demo @ Campus Rec  
DB 3.202  
10:45 - 11:15 am

Talk about Diabetes  
FS 1402  
11:00 - 12:00 pm

Total Conditioning Demo  
Bill Miller Plaza  
12:15 - 1:15 pm

For more information call:  
**(210)458-6428**  
[utsa.edu/health](http://utsa.edu/health)

Sponsored by:



CAMPUS  REC



UTSA Human Resources  
Creating the best place to work for the families in our community

Student



Health

Services

