



Your Health:

small Changes, **BIG** Results!

- Hands on Food Prep
- Health Tips, Tricks, & Activities
- Proactive Plans for Success

Hosted by: VPSA Staff
Development Team

UTSA 
STUDENT AFFAIRS

★ July 23rd OR July 30th ★

10:15am - 12:30pm

Sign-up at:

<http://mytraining.utsa.edu>

Course #PD0823

