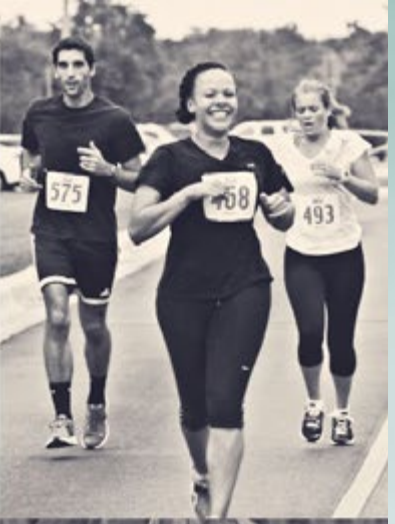

ROWDY WELLNESS

10.02.13
10am - 2pm
Downtown Campus

#DTRowdyWellness

What to Expect:

Rowdy Wellness Downtown is UTSA's effort in recognizing, educating and informing others of the importance of personal health. The UTSA Downtown Campus Community is invited to learn about the importance of early detection, research and innovation, health maintenance, stress reduction and staying fit. To help with this, we will have available:

25 Info Tables
9 Screeners
2 Presentations (Room BV 1.332)
10:30am - 12pm - "Fitness Anywhere"
12:30pm - 2pm - "Stress Management"

You'll also have the opportunity to take advantage of the Downtown Fitness Center all day, AND a chance to win 1 of 10 prize packages!

FITNESS * RESEARCH * SCREENINGS * WELLNESS

Health Starts Here

In collaboration with: ARAMARK, EHSRM, SECC Presidential Advisory Committee, Campus Recreation, HR/Benefits Office, Student Health Services, Counseling Services, Rowdy New U

endorsed by

Mayor's Fitness Council
City of San Antonio

For more information,
email shshealtheducation@utsa.edu
call 210-458-6428
or visit utsa.edu/recreation/rowdywellness.html