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!