

# 2014

# Health, Fitness & Volunteer Expo

Resolution Wellness: What's Your Fitspiration?

## Activities

- **Wellness Wall:** Where you can write one way that you plan to improve your wellness in the new year
- **Fitspiration Wall:** Where you can write your inspiration on becoming fit
- **Prizes:** All student participants will be eligible for prizes!

**Many Participating Outside Vendors!**

Monarch Wellness

Environmental

Physical

Spiritual

Emotional

Social

Occupational/Career

**Tuesday, Jan 28, 2014**

**11:00AM-2:00PM**

**Webb**

**Front Lobby, North Mall,  
and South Mall**

*Brought to you by: SHS Health Promotion, Office of  
Counseling Services, Student Activities and Leadership,  
& Student Rec Center*

