

SASI *PRESENTS*
**1ST ANNUAL WELLNESS
EXPO**

March 23, 2012



- SASI is hosting a SDES USPS Mini Wellness Expo on March 23, from 1-4 p.m. at the Recreation and Wellness Center. **We have extended the RSVP date to Tuesday, March 20.** If you have not already submitted your RSVP, there is still time to do so.
- Beginning at 1:00 p.m., staff will meet outside the RWC by the leisure pool side, under the covering. The attached flyer explains more about the upcoming event. The event will have six modules:
- **RWC Room 206**
 - 1:00 p.m. – 1:25 p.m. – **Life Coaching** – Patti Farris
 - Learn what is available to you from a certified life coach. Want to make that career move, but not sure how? Let a life coach help you.
 - 1:30 p.m. – 1:50 p.m. – **Relaxation Techniques** – Valeska Wilson
 - A brief relation exercise and learn some basic tips to beat work stress.
 - 2:00 p.m. – 2:20 p.m. – **Nutrition** – Marissa Takau
 - Learn how to feed your brain for more energy that the caffeine and energy drinks really don't give you. You will also receive a sample meal plan for three days to get you started.
 - 2:30 p.m. – 2:50 p.m. – **Smoke Free Campus** – Mary Owens
 - Did you know UCF is going Smoke Free August 20, 2012? Learn what is available for you and how the policy will affect the campus.
- **Wellness Classroom**
 - 3:00 p.m. – 3:20 p.m. – **Fitness Assessments** – Eric Lodge, Fitness GA and Personal Trainers
 - Learn what your body fat, blood pressure, and measurements are.
- **RWC Multi-Purpose Room**
 - 3:30 p.m. – 4:00 p.m. – **ZUMBA Class** with Adriana
 - Learn the new dance craze while having fun exercising.

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SDES USPS Mini Wellness Expo

Sponsored by SDES SASI

Begin or continue a healthy lifelong lifestyle.

Welcome to the
University of Central Florida
Recreation and Wellness Center.



Participants please enter through
the Wellness Center.

Points for attending the sessions and Zumba class
will count towards the SDES Healthy Knights Challenge.

March 23
1pm-4pm

rec.ucl.edu

UCF RECREATION AND
WELLNESS CENTER





