

Congratulations to DSU's First Health Champion

Name: Cathy Conico

Department: College of Business Dean's Office

Activity: Walk It Off

Goal: Reduce cholesterol levels, Decrease blood pressure, Lose Weight

Schedule: MWF

Contact: cconico@deltastate.edu



GET ACTIVE/GET FIT ON CAMPUS

Weigh In Wednesdays are every Wednesday from 4:30–5:30pm in the Forest E. Wyatt Center, room 130. During WIW you'll receive a recipe of the week, sample products, discuss healthy eating habits, and get motivated to keep your health goals on track.

For more information contact Leigh Pickard at 662-846-4572, lpickard@deltastate.edu, or find her in Wyatt 119.

DELTA STATE
UNIVERSITY 

Healthy Campus/Community Initiative

IN PARTNERSHIP WITH
 Blue Cross & Blue Shield of
Mississippi Foundation
A Subsidiary of Blue Cross & Blue Shield of Mississippi.