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.

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: cycnco@deltastate.edu

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