



Patricia Heflin from ActiveHealth will be hosting a seminar on “The Gift of Health” on Friday, November 10th at 2:00 p.m. in room 306B of the H. L. Nowell Union.

Presentation:

“The Gift of Health” – Learn ways to enjoy the holidays this year, without the annual feelings of guilt and stress. We’ll help you get more out of the food, family, and celebrations.

Activity:

“Healthy Holiday Trivia Activity” – Learn more about how to budget your time, money, and calories during the holidays by testing your knowledge with a fun and interactive trivia game.

Reserve a seat by emailing Rebecca Bouse at rbouse@deltastate.edu.