



LUNCH & LEARN

Exercise is Medicine!

Find out why.

Falcon Hall 109; 12:30-1:00 PM

SIGN UP HERE



Wednesday, November 28

How to Start an Exercise Program

Wednesday, December 5

Exercising with Type 2 Diabetes

Wednesday, December 12

Exercising with High Blood Pressure



BRING LUNCH OR A SNACK

<https://www.surveymonkey.com/r/10-19LUNCHANDLEARN>

For more information or disability support, contact

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