



LUNCH & LEARN

Exercise is Medicine! Find out why.

Giveaways
for first 5
participants!

Location: ST 302 **Time:** 12:15-12:45 PM



BRING
LUNCH OR A
SNACK

Monday, February 10

Exercise and Stress Management

Monday, March 9

How to Start a Walking Program

Monday, April 27

Effects of Exercise on Health Outcomes in those with Cancer

For more information or disability support, contact

Tonya.Seed@montgomerycollege.edu or lakisha.nickens-gaither@montgomerycollege.edu

Follow us:

Facebook: www.facebook.com/MCHealthPE

Twitter: @MCHEALTHPE

Instagram: MCHealthPE