



LUNCH & LEARN

Exercise is Medicine!

Find out why.



SIGN UP HERE



Location: CM 216 Time: 12:30-1:00 PM

Wednesday, February 27

How to Start an Exercise Program

Wednesday, March 27

Exercising with Type 2 Diabetes

Wednesday, April 24

Exercising with High Blood Pressure



BRING LUNCH OR A SNACK

Register @ <https://www.surveymonkey.com/r/seminarssp19>

For more information or disability support, contact

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

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