

Project GRAD.U.8 presents...



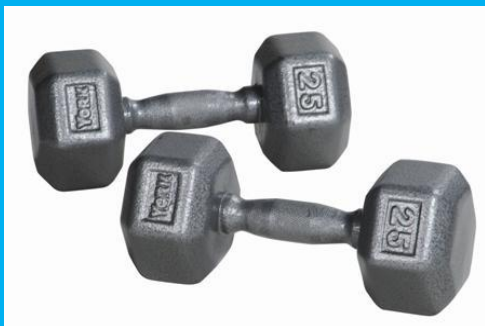
# “Fighting the freshman 15 or 50!”

Health & Wellness Workshop for Students

Topics: Campus Nutrition • Fitness @ WMU • Importance of Mental Health

Wednesday, January 14, 2009 @ 6:00pm

MCC ~ Trimpe Building



**Presenters:**

Asst. Professor Glinda Rawls, Ph.D-NCC, LPC

Judy Gipper – Dir. Of Dining Services, R.D.

Jen Bailey – Asst. Dir. Fitness and Wellness (SRC)

Vanessia Norris – Personal Trainer NBCA, ACE

**PROJECT**

**GRAD.U.8**

The Division of  
Multicultural Affairs