

NEW COURSE -3 CREDITS!

HEALTH & FITNESS: LIFESTYLE STRATEGIES

CHANGE YOUR LIFE!

TRACK YOUR PROGRESS 

CREATE A PROGRAM 

SET A GOAL 

Curriculum Includes:

**Fitness...Nutrition...Weight Control...Smoking Cessation...
Stress Management...Chronic Disease Prevention...Healthy Living**

Register Now for Spring 2015!

**Course code:
HED510 /75470
LECTURE/LAB**

**Tuesday 10:10-12:05
and
Thursday 10:10-12:05**

School of Health Sciences
For information email

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