



# Interested in FREE Nutrition Counseling?

Meet with an upper level nutrition student in the NEW nutrition counseling room of the 2nd floor of the Recreation Center to assist you in achieving health and wellness through good nutrition and a healthy lifestyle.

**Counseling will begin March 5th!**

**\*Counseling will count as part of the Ram Fit Challenge\***

Fill out the Google Form on Campus Rec Website to register

Contact [SRCLIFESTYLE@Wcupa.edu](mailto:SRCLIFESTYLE@Wcupa.edu) for more Info

