



Interested in FREE Personalized Nutrition Education?

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

Sessions will begin March 5th!

Sessions will count as part of the Ram Fit Challenge

Fill out the Google Form on Campus Rec Website to register

Contact SRCLIFESTYLE@Wcupa.edu for more Info

