



# Wellness

Brought to you by Lifestyle  
Nutrition  
SRCLifestyle@wcupa.edu

## WEDNESDAYS

DATE October 10th, 2018

SUBJECT Fall Fest

**Pumpkin Pie Smoothies!**



DATE November 7th, 2018

SUBJECT Turkey Trot Nutrition Prep

**Hosted by Sports Nutrition Club**

DATE October 24th, 2018

SUBJECT Halloween theme!

HEALTHY TREATS THAT ARE STILL GOOD  
TO EAT!



DATE November 24th, 2018

SUBJECT Healthy for the Holidays!

**Hosted by NTD 320**

# **All Located in Conference Room of Recreation Center @ 7pm**

Bring this card to be marked each time you attend and win a chance  
to a FREE giftcard!

**FREE SNACKS!**

**FREE Giveaways!**

- **Each wellness Wednesday will include some  
form of nutrition education around a  
topic/theme**
- **Recipe making, budgeting, and other nutrition  
tips to be featured!**