



THURSDAY, MAY 3

11:00 – 2:00

**Sykes Union Ballrooms
The Quad**

10:30

**Walk from Sturzebecker Health
Sciences Center to North Campus**

11:15

KEYNOTE ADDRESS
Sue Weldon, Founder
Unite for Her
Sykes Theater

11:30

GRIT Cardio
Academic Quad

12:00

Zumba
Academic Quad

12:30

Tai Chi
Academic Quad

**Barefoot & Breathing
Sessions**

Complete your “**PASSPORT FOR WELLNESS**” by visiting department and vendor tables to be entered for prizes and gift cards!

Visit With...

- ✓ **Chester County Health Department** to learn about the *Walk Works* program.
- ✓ **Communication Sciences & Disorders** department to learn about prevention of voice disorders.
- ✓ **Kinesiology Department** to participate in fitness evaluation and testing.
- ✓ **Nutrition Department** for lunch and a special treat.
- ✓ **Nursing Department** to get your blood pressure checked and learn about sun safety and stress reduction
- ✓ **UPENN Physical Therapy** for information and activities in the community.