



**WED, APRIL 24**

**11:00 – 2:00**

Sykes Union Ballrooms • The Quad

**10:30**

Walk from Sturzebecker Health  
Sciences Center to North Campus  
*with Mayor Dianne Herrin*

**11:00**

**KEYNOTE ADDRESS**

**Arianne Missimer, Founder**  
The Movement Paradigm  
Sykes Theater

**11:30**

**GRIT/HIIT with Lauren & Nicole**  
Academic Quad

**12:00**

**Tug O' War Contest**  
Academic Quad

**12:30**

**Yoga with Upasna**  
Academic Quad

**1:00**

**Medicine Ball Throw Contest**  
Academic Quad

**1:30**

**Zumba with Brittany**  
Academic Quad

Complete your “**PASSPORT FOR WELLNESS**” by visiting department and vendor tables to be entered for PRIZES! Good prizes like memberships at ACAC, ilovekickboxing, Gage Fitness, UFC Gym Exton, Bryn Mawr Running Company as well as gift cards from Bango Bowls, Bon Bon Sushi, Country Bagel, Cookie Dope, Liquid Eatery and more!

### Visit With...

- ✓ **Health Department** for pulmonary function testing.
- ✓ **Communication Sciences & Disorders** department for a hearing screening.
- ✓ **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.
- ✓ **Sports Medicine Department** for a football sensor helmet demo and sweat testing.

Sponsored by the College of Health Sciences

Don't forget to bring a non-perishable item to the  
WCU Resource Pantry table in Sykes!