

New Mexico State University

Health Talks (brown bag luncheon)

Topic:

New Year's Resolution Time (A time for change)

Faculty/Staff Wellness & Fitness Programs for 2007

January 25, 2007 (Thursday) 12:00-12:50 pm

NMSU Safety Training Facility, Academic Research C.

NMSU has a vast amount of fitness and wellness programs available to all NMSU employees & students. There is a program suitable for everyone. With the New Year upon us, it is time to get back in action promoting a healthy lifestyle.

On January 25, 2007, Mr. Shon Meyer (assistant director fitness/wellness) will be presenting an overview of all the available programs you can participate in and join. The talk will be in the NMSU Safety Training Facility, room 110, Academic Research C. He will discuss programs to include:

- New Years fitness resolution,
- pre-natal exercise,
- group fitness/aerobics,
- nutrition analysis,
- body composition,
- and more (see safety website).

Come learn what the fitness/wellness center has to offer **YOU**.

The Brown Bag Health Talks are a monthly event created by Dr. J.M. Berning, Director of the Exercise Physiology Lab, to help NMSU employees and their families understand various health issues in an informal setting...and it is FREE. Questions are highly encouraged. We highly encourage everyone, to come with fellow employees and participate. For more information on these topics and a location map, check the Health & Wellness section on the NMSU Safety website at <http://www.nmsu.edu/safety> or call Environmental Health & Safety.

Live, Learn and Thrive.

