

New Mexico State University

Health Topics (brown bag luncheon)

Topic:

BBHT: Healthy Heart Wednesday (Feb. 21, 2007, 2 - 6 pm)
at the Student Wellness Center, the Delamater Activity Center.

Celebrate the month of February as American Heart Month by taking advantage of various free health screenings provided by numerous NMSU departments. On Feb. 21, NMSU Student Wellness Center, Student Health Center, and WAVE program will join forces to present the 2nd annual “Healthy Heart Wednesday”.

Participants will have the opportunity to receive free health screenings regarding body fat percentage, cholesterol, blood pressure, blood glucose, nutritional aspects, and eating disorders. This event is offered for informational purposes only and is not designed to diagnose any health ailments.

All interested are advised to pay close attention to the start & ending times of this event. The cut-off time (6 pm) will be strictly enforced and event personnel will reserve the right to turn people away at this time.

Certain precautions should be noted:

1. These screenings will be offered on a first-come, first-served basis (2-6pm).
2. Participants are not required to fast before the cholesterol screening
3. Body fat screenings are conducted with skin calipers. For accuracy purposes, all participants must wearing shorts to conduct this screening. No measurements can be conducted over clothing. No exceptions will be made.

The Brown Bag Health Topics (BBHT) are monthly events to help NMSU employees and University community understand various health issues in an informal setting. For more information on these topics and location maps, check the Health & Wellness Program section on the NMSU Safety website at <http://www.nmsu.edu/safety> or call Environmental Health & Safety.

Live, Learn and Thrive.

