

Wellness Works 2009 officially ends on October 30

All documentation, including exercise logs from Session #2 (June 7 –October 30) needs to be in the Health Services Office, Rm. 338C, by no later than Wednesday, November 4, to be tallied for Wellness Works 2009. All DVDs and/or videos must be viewed and returned to Health Services by October 30.

You can earn 10 wellness points for being a nonsmoker. To receive the nonsmoker points for 2009, send an e-mail to Linda Baker verifying that you are a non-smoker.

If you are participating in “Dump the Plump,” weigh outs will begin the week of October 26.

Remember you can turn in documentation to Health Services at any time.

Questions? Contact Health Services at ext. 5475.