

SUNDAY,
APRIL
10

11:30AM -
1:30PM



1st Annual Wellness Fair

Mind, Body, Spirit

Sponsored by CUW IPE Program

Terrace Room at CUW (signs will be posted)
11:30 am - 1:30 pm

- ▶ Learn about Mental, Physical, and Spiritual methods to improve your health and help prevent future diseases
- ▶ Information available about health professional programs offered at CUW
 - ▶ Professionals, graduate students, and undergraduate students available to advise and answer questions
 - ▶ Free swag bag for first 100 attendees and multiple Grand Prize drawings (Fitbit, healthy cookbook, gift cards, and more)
 - ▶ Healthy snacks and drinks provided!

Entire event schedule:

- Chapel 10-11:15 am
- Fair 11:30-1:30 pm
- Devotion 1:30-1:45 pm

**Community members &
Students welcome!**

Questions? Contact: michael.oldani@cuw.edu