

5th Annual ASUFIT health & wellness fair ²⁰¹²

October 8, 2012

11 a.m.—5 p.m.

University Center

See What ASU, SAISD, Shannon, and San Angelo have to Offer:

Membership Discounts	Healthy Snack Samples
Spinal and Vision tests	Pedometers
T-shirt raffle	Massages
Event Flyers	Blood Pressure
Vitamins and Minerals	Blood Glucose Testing
Relaxation Techniques	Exercise Demonstrations
Flu Shots (free for ASU students or with insurance card)	

Some Featured Participants:

Shannon Medical Center, Shannon Health and Wellness, West Texas Rehab, ADACCV, United Blood Services, Concho Educators FCU, Juice Plus, University Recreation, Tai Chi Concho, ASU WED Center, Laura W. Bush Institute for Women's Health, Community Health Club, Laura W. Bush Institute, San Angelo MPO, Storey Chiropractic, Gold's Gym, San Angelo Recreation, Goodfellow AFB, HEB, La Esperanza Clinic, Angelo Chiropractic, ASU Physical Therapy, San Angelo Community Medical Center, ASU Nursing Association, CrossFit, Department of Public Safety, San Angelo Massage Center, San Angelo Civic Ballet, Aflac, Chartwells, Curves, Angelo Eye Center, Weight Watchers, Tom Green County Sheriff's Crisis Intervention, University Police, Adult Enrichment Center, Shannon Clinic

United Blood Services Blood Drive
11:30 am-4:00 pm UC Parking Lot
email katherine.garrison@angelo.edu
to schedule appointment
Free Cholesterol Screening

**3:30 pm Fitness and Wellness
Kick-off Ceremony**
Dr. Brian May and Dr. Doyle Carter, ASU
Jeff Bright, SAISD
Shane Plymell, Shannon

**HBO Weight of the Nation Showing Times
(Located in the CJ Davidson Room)**
11:30-12:30 - Overweight in the Workplace (15 min loops)
12:30-1:30 - Diabetes and the Human Cost (15 min loops)
1:30-2:30 - City Battles Obesity (15 min loops)
2:30-3:30 - Overweight in the Work Place (15 min loops)

For more information: <http://www.angelo.edu/asufit>
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