



Health E-News April 4, 2006

### Nutrition/Fitness Forum



The Student Health Advisory Committee (**SHAC**) invites you to a forum featuring professionals and **healthy and active students** sharing insights on what to eat and how to stay fit on campus.

**When:** Wednesday, April 5

**Where:** Ursa's Fireside Lounge

**Time:** 9:00-10:30 PM



#### **Professional Panelists:**

**Connie Diekman**, M.Ed., RD -

Director of University Nutrition

**Kiani Arkus** - Personal Trainer and Supervisor of South 40 Fitness Center

### **Freshmen: Remember AlcoholEdu?**

Share your thoughts at a focus group this Friday, April 7th, at 12 noon, and help shape next year's course for freshmen. Enjoy **FREE Lunch** in the Habif Health and Wellness Center **and a Gift Certificate**. Call Poli Rijos at 935-8761 to sign up.