

Nutrition & Fitness Education Series



JULY 23

Fitness: Water Work: Pool Activities, Benefits and Risk

Nutrition: Healthy Grilling

AUGUST 20

Fitness: Men vs Women in Exercise

Nutrition: The Wonderful World of Avocados

SEPTEMBER 17

Fitness: How to Exercise for Pain Management

Nutrition: Stress Management

All seminars are held from 6 – 7 p.m.
in the UH Brunner Sanden Deitrick Wellness Center
Conference Room B – 2nd floor.

Registration is recommended.

Call **440-701-7507** to reserve your seat.



University Hospitals
Brunner Sanden Deitrick
Wellness Center

Fitness

