THURSDAY, MAY 3
11:00 – 2:00
Sykes Union Ballrooms
The Quad

10:30
Walk from Sturzebecker Health Sciences Center to North Campus

11:15
KEYNOTE ADDRESS
Sue Weldon, Founder
Unite for Her
Sykes Theater

11:30
GRIT Cardio
Academic Quad

12:00
Zumba
Academic Quad

12:30
Tai Chi
Academic Quad

Barefoot & Breathing Sessions

Complete your “PASSPORT FOR WELLNESS” by visiting department and vendor tables to be entered for prizes and gift cards!

Visit With...

- **Chester County Health Department** to learn about the *Walk Works* program.
- **Communication Sciences & Disorders** department to learn about prevention of voice disorders.
- **Kinesiology Department** to participate in fitness evaluation and testing.
- **Nutrition Department** for lunch and a special treat.
- **Nursing Department** to get your blood pressure checked and learn about sun safety and stress reduction
- **UPENN Physical Therapy** for information and activities in the community.

The College of Health Sciences