



**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**

**WCU**  
**WEST CHESTER**  
**UNIVERSITY**

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**