

# Work-Life Wellness

kick  
off  
event



## Friday, January 30, 2015

University Recreation and Wellness Center 10am – 12pm

### Join us for our Wellness Kickoff Event!



FITNESS IS NOT JUST EXERCISE,  
ITS A LIFE STYLE

- ❖ Get a tour of the Rec Center and meet the staff
- ❖ Watch/ participate in fitness demonstrations
- ❖ Meet the Wellness Champions
- ❖ Find out about health screenings
- ❖ Learn more about our Smoking Cessation Programs
- ❖ Learn more about Wellness Benefits for Employees!

### 50% off Rec Center Memberships!

Rates are now 1/2 off through February 15, 2015.

**Discounted Semester Rates:**

Faculty and Staff: \$38

Alumni: \$50

Seniors: \$25

Community: \$63

**50% OFF**  
SPECIAL SALE

**SALE**

Contact the Recreation Center at 713-313-6885 to sign up for a membership!



TEXAS SOUTHERN UNIVERSITY

## Growing A Wellness Culture



FITNESS IS NOT JUST EXERCISE,  
ITS A LIFE STYLE

Demo-	Eric/Boot Camp	10:15
<b>Tour-</b>	<b>Jessica/LaToya</b>	<b>10:30</b>
Demo-	Isha/Zumba	10:45
Demo-	Tiffany/Weight Training	11:30
<b>Tour-</b>	<b>Jessica/LaToya</b>	<b>11:45</b>
Demo-	Deanna/Yoga	12:00