

Campus Wellness Event

PRESENTS Health & Fitness

Speaker Topics

Health and fitness plans for men and women.
Smart and safe ways to get active and stay active.
Information on developing your own personal fitness plan that fits your lifestyle.

Speaker

Todd Smoot: Todd is well known in Valdosta for his expertise in health and fitness. He is the owner of Get Active, a fitness clothing and accessories store. You may have seen his fitness column in the Valdosta Daily Times or even heard him on your radio. He is very involved in planning personal and community activities.

Join us Friday, October 5th, 2007
from 12:30 to 1:30 p.m.
in the Palms Faculty/Staff Dining Room

Enjoy a special buffet lunch for \$6.95, or a meal plan swipe.

Space is limited to the first **25** attendants.

Please RSVP by calling 259-5105
or online at www.valdosta.edu/finadmin/training

Menu

Garlic Salmon
Orzo Delicioso
Grilled Asparagus w/ Balsamic Vinaigrette
Palms Salad
Almond Cocoa Angel Cake

