



Presents
A Wellness Seminar



Fitness & Nutrition

Date: Thursday, June 18th

Time: 12:00 pm to 1:00 pm

Location: Extended Studies Building

RSVP: Anita Borrega at

aborrega@mail.sdsu.edu or (619) 594-0473



Learn About:

- Raising awareness of nutritionists' recommendations for healthy eating
- Common causes for weight gain & obesity
- Stress strategies for healthy eating
- Obstacles encountered by individuals discouraging physical activity and exercise
- Why it really matters!

