THRIVE! WELLNESS ANNOUNCES
LUNCH AND LEARN OPPORTUNITY

The second lunch and learn opportunity kicks off next week. The presentation “Weight Management using Exercise and Nutrition” will be facilitated by Andrew Price, a Wellness intern and recent graduate of the Saginaw Valley State University Exercise Science program.

Andrew will instruct attendees on how to balance their energy needs; how frequent and intense their exercise should be to achieve weight loss and its overall health benefits. Lastly, attendees will learn common misconceptions about diet and exercise.

*Remember if you are unable to attend there will be two more opportunities (yet this year) to complete the lunch and learn activity requirement.*

This lunch and learn presentation will take place at the following times; 11:30 AM, 12:00 PM and 12:30 PM at each of the following locations.

- **Wednesday, May 27**, Harrison Siderooms C&D
- **Thursday, June 4**, Michigan Campus Cafeteria
- **Wednesday, June 10**, Mackinaw
- **Tuesday, June 30**, Cooper Lecture Theatre

*For additional information, call the Thrive! Wellness office at 583.6337 or 583.6302.*

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