



**Exercise Science & Wellness and Family & Consumer Science majors
presents:**

Jacksonville State University's

WELLNESS WEDNESDAYS

featuring:

Lunch by FCS students

Wellness Presentations by ESW students

12pm-1pm

September 23rd *Mexican Fiesta*

"Safety First, Nutrition Always"

October 21st *Home Cooking for Homecoming*

"Heart Healthy Pumpkins"

November 18th *Willy Wonka*

"Sleep Late, Live Great"

☞ Room 118 East Mason Hall

☞ Call Lynn Steward 782.5054 for reservations

☞ Faculty \$7.00 & Students \$5.00

(appetizer, entrée & side dish, dessert, drink included)