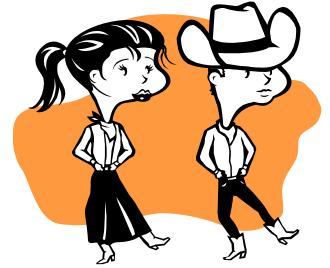


Health and Fitness Week

Monday-12p.m.-2:00 p.m. Wii Dance Revolution tournament in the Native American Student Engagement Center, basement of Johnston Hall. Healthy snacks will be available and prizes awarded overall cash prize of \$50.



Tuesday-1:00-2:00 p.m. in Baker Hall Room 115A, Guest Speaker Chance Adams, Physical Fitness Coordinator for the Choctaw Nation, “Small Steps for Big Rewards”. Door Prizes will be given after presentation.

Wednesday-10:30 a.m.-1:00 p.m. Lawn in front of Library Building, Choctaw Nation demonstration “Project Safe”. Learn how to make good decisions in unsafe situations and self-defense. Door prizes will be offered.



Wednesday 9:00-12:00 p.m. St. Patrick’s Day Dance in Miller Hall. Dress in green.

Monday-Friday the cafeteria will offer healthy meals in support of the Health and Fitness Week.



Even small changes to adopt a healthier lifestyle can have long-term beneficial benefits.

