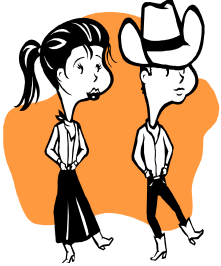


# Wellness Week

## At McAlester Campus

### Monday, March 23



**JUST DANCE Wii Competition** in Front Lobby 3:00pm-5:00pm Prizes awarded for 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place.

**Free Popcorn** with lots of seasoning options!



### Tuesday, March 24

#### Guest Speaker:

**Myths on Weight Loss Methods** by Mr. Brian Musgrove, R.D. McAlester Regional Health Center at 1:10 – 3:00, Library 314, ITV to Idabel and McAlester. Door Prizes awarded at all campuses.



### Wednesday, March 25

Visit the Front Lobby to see the Health Food Facts Table

### Thursday, March 26

**Campus Safety/Self Defense** in Front Lobby Times TBA

**“Color Your Plate Healthy”**

**Make Half of Your Plate Fruits and Vegetables- in Cafeteria**