

Wellness Week

Monday, March 26th, 2018

11:30 – 1:00 pm. Representative from Latimer County Health Department will set up a REPRODUCTIVE HEALTH booth in the cafeteria.



Tuesday, March 27th, 2018

11:00 – 12:00 pm. Choctaw Nation Stickball demonstration in front of the Student Center, anyone can participate.

1:00-2:00 pm. Guest Speaker Carrie Thrasher MPH, RDN, CDE, Global Nutrition Manager for the Choctaw Nation about "Weight Loss and Diets" at Library 314. Door Prizes will be given after presentation.



Wednesday, March 28th, 2018

11:30 – 1:00 pm. Come play DRUNKOPOLY game and learn about Alcohol Poisoning in the cafeteria



Thursday, March 29th, 2018

11:30 – 1:30 pm. Choctaw Nation booth on "Project Safe" also Come compete in Hula-hoop and Jump rope competition and win prizes in the cafeteria



Come to Cafeteria to enjoy Healthy & Delicious meals during the week

Everyone is Invited to Participate

