



5TH ANNUAL HEALTH, FITNESS & WELLNESS FAIR

TUESDAY, MARCH 31
12 p.m. to 3 p.m.

BILL WILLIAMS GYM (BERKSHIRE HALL)
WCSU MIDTOWN CAMPUS, 181 WHITE ST., DANBURY

WHAT TO EXPECT:

- Information tables
- Food samples
- Local vendors
- Various Fitness & Wellness demos

HOSTED BY THESE WCSU DEPARTMENTS:

CHOICES, Counseling Center, Health Services,
HPX, IHHS Wellness Center & Recreation

**FREE MASSAGES,
RAFFLES AND
GIVEAWAYS!**

OPEN TO THE PUBLIC!

For more information, please contact the WesternREC Information Desk at
westernrec@wcsu.edu / (203) 837-8935 or Amy Shanks at
shanksa@wcsu.edu or (203) 837-8609

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