



HEALTH FITNESS  
& WELLNESS FAIR  
W.C.S.U.

# 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](mailto:westernrec@wcsu.edu) / (203) 837-8935 or Amy Shanks at [shanksa@wcsu.edu](mailto:shanksa@wcsu.edu) or (203) 837-8609

