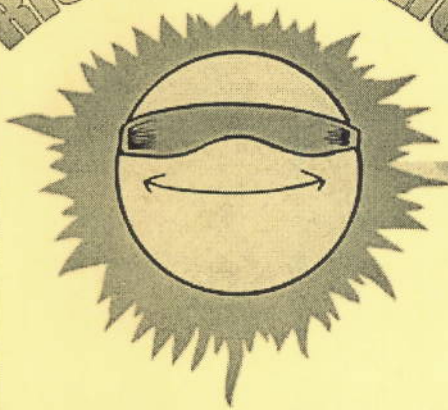


Rise and Shine



Wellness is Good!

JEFFERSON COLLEGE
of HEALTH SCIENCES
STUDENT AFFAIRS

Wellness Speaker Series
Fall 2010
Noon to 1:00 p.m.
CRCH 614

September

22nd (Wednesday) Dr. Chuck Shaffer with the Weigh Station

October

12th (Tuesday)

Ms. Robin Goodpasture with Spa Fit 365

26th (Tuesday)

Lisa Wade with Beginning Yoga

November

4th (Thursday)

Women's Health University (ticket required)
Fit and Fabulous, The Incredible Benefits of Regular
Exercise by Ms. Ally Bowersock

9th (Tuesday)

Ms. Shelia Guarnagia - Stress & Acupuncture

December

7th (Tuesday)

Dr. Jennifer Walker with Balance Chiropractic &
Wellness

** Lunch is provided at each event!*

Please contact Dr. Stacey Lilley
(scilley@jchs.edu or 985-8502) for additional details.