Learn 10 tips to building a healthy meal and how the SuperTracker website can aid your nutrition and physical activity goals! Attendees will receive the recipe.

WED. MAY 4TH
LOCATION: KANSAS UNION, BIG 12 RM

A Lunch-N-Learn is a brown bag lunch where a presenter will be focusing on an aspect of the Eight Dimensions of Wellness. Event is open to Students, Faculty, and Staff. Membership is not required.

Be a leader and someone you love

Understand how nutrition and sleep aid in recovery

Learn how health, vitality, strength, and mobility influence movement - the basis of life.

BUILDING A BETTER YOU

WITH

COACH ANDREA HUDY

A WELLNESS EVENT
WED. MAY 4TH | 12:10 - 1:10 PM
LOCATION: KANSAS UNION, BIG 12 RM

wellness.ku.edu