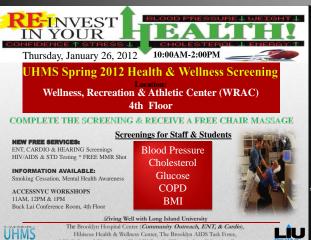
UHMS - Health Services Keeping you well, so you can excel! 2011/2012 Health Events







The Brooklyn AIDS Task Force

LIU

CONFERENCE JULY 22 - 27
WASHINGTON DC USA



DID YOU KNOW?

Women should get at least 2 hours and 30 minutes of moderate physical activity,

1 hour and 15 minutes of vigorous physical activity, or a combination of both, each week.

YOUNG & OLD EACH ONE TEACH ONE

MAKE A COMMITMENT TO GET ACTIVE FOR WOMEN'S HEALTH WEEK

- Try Living Well with LIU Let's Walk Together (Available Monday-Friday)

 Please email Chrissyann McGlynn at https://drivingslunnediu.edu or call 516-299-2546 for specifics groups
- Check out these great options at the WRAC (call 718-488-3009 to confirms schedules) http://www.liu.edu/Brooklyn/About/Resources/WRAC/Fitness-Center/Group-Excercise.aspx

BROOKLYN CAMPUS



A REMINDER FROM; University Health & Medical Services (UHMS)

175 Willoughby Street (entrance on Fleet Place)
Brooklyn, NY 11201
718-246-6456





DON'T MISS OUT IN 2012/2013