Stay positive
Work hard
Make it happen

Total Wellbeing Expo
Wednesday, March 13 | 11 a.m. to 2 p.m. | Fetzer Hall

Total Wellbeing
Head · Heart · Heels
JOIN US FOR:

WELLNESS CHECKS
Know Your Numbers! (15 mins.)
Early start time 9:00 a.m. – 1:30 p.m.
Don’t wait, reserve a screening time at maximwellness.bioiq.com.
Use PROMO CODE: UNC2019
NC State Health Plan ID card required.

MINI-MINDFULNESS
(15-20 mins.)
11:00 a.m. – 2:00 p.m.
Learn about and practice a variety of mindfulness and alternative medicine techniques that promote and preserve health. Topics will include office stretching, breathing exercises, essential oils and much more!

YUM! COOKING DEMOS (30 mins.)
Mediterranean Salmon Couscous Bowls
11:15 a.m. | 12:00 p.m.
12:45 p.m. | 1:30 p.m.

CHAIR MASSAGE
(10 mins.)

FITNESS SESSIONS (30 mins.)
Held in the Student Recreation Center, Studio B, 2nd floor
11:30 a.m. – Title Boxing
12:15 p.m. – Yoga
1:00 p.m. – Zumba
1:45 p.m. – Tai-Chi

$5 HEALTHY LUNCH COMBOS
Lenoir Dining Hall
11 a.m. – 2 p.m. (dine-in only)

ALL WELCOMED! SAVE YOUR SPOT AT A MINDFULNESS, COOKING, CHAIR MASSAGE AND/OR FITNESS SESSION AT GO.UNC.EDU/EXPO-ENGAGE

GIVEAWAYS GALORE & CHANCES TO WIN A PARTICIAPATION PRIZE
For each activity you participate in, you’ll walk away with a unique swag item and be entered in a drawing to win a prize. Try something new!

Wellness Check: Hot & Cold Pack
Mini-Mindfulness: Mood Stress Ball
Cooking Demo: Silicone Kitchen Spoon
Fitness Session: Water Bottle & Cooling Cloth

FIND OUR LIST OF VENDORS AND DEMO DETAILS AT GO.UNC.EDU/EXPO-2019

HOSTED BY:

WEAR CAROLINA BLUE!