## Living Well With



## Commit to be Fit

Do you want to be fit? Are you thinking of starting an exercise program? Come by and join us to learn the benefits of exercise and effective ways to start an exercise program. **Sponsored by the LIU Department of Human Resources and the Wellness, Recreation and Athletics Center.** 

All participants will also be invited to take a FREE ZUMBA CLASS! Comfortable clothing is suggested! FREE GIVEAWAYS!

▲ When: Monday, March 11, 2013

▲ Time: 12:30 p.m. - 1:30 p.m.

▲ Where: Wellness, Recreation and Athletic Center, Fitness Center, LIU Brooklyn

Space is limited. Please email Chrissy McGlynn at chrissy.mcglynn@liu.edu to register.

Your participation in this event will satisfy the "Lifestyle Education" requirement of the Report Card Program.

