



# You, Only Better

Welcome to the continued Health and Fitness series in January 2007

Georgetown's Own Fitness Guru!

Jane Vaganek, the Fitness Director at Yates Field House will do a luncheon presentation and talk about how to make positive lifestyle changes including changes in exercise habits, physical activity, and self-talk for the New Year.

Come, have a shape up lunch at:-

When: 12 - 1 pm

Wednesday, January 24, 2007

Where: McShain Large - McCarthy Hall

For questions and concerns, please contact Sandy at 687-2396/2409 or Nicole at 687-1771

Faculty and Staff Assistance Program, Department of Human Resources  
Wellness Programs 2007