

Discover U

NDSU Staff Senate Presents **Get Active!**



Tuesday
September 15, 2009
10:00 – 11:00 a.m.

Century Theater
Memorial Union

Brent Parmer, M.S.

Associate Director of Fitness Programs
NDSU Wallman Wellness Center

Brent will give pointers on how to get started with a wellness program and stay motivated! He will also discuss fitness opportunities available at the Wallman Wellness Center to NDSU staff!

A new wellness program from BCBS of ND was added to NDSU's health plan July 1. Come find out how the NDSU Wallman Wellness Center can help you take advantage of this benefit.

For more information on upcoming mini-sessions go to:
www.ndsu.edu/staff_senate/

Sponsored by the NDSU Staff Senate Staff Development Committee