

The Wellness Clinic presents:

Talks at the Treadmill



"GRAB N' GO"

HEALTHY FOODS THAT WON'T COME BACK TO HAUNT YOU



In a hurry and don't know what to eat? We'll provide you tips on how to make healthy food choices when you're on the go!



Wednesday November 1st
7:00am, 12 noon, 5:00pm

Please email any questions you might want answered to Matt Dorn (mdorn1@ithaca.edu) or Stephanie Gilson (sgilson1@ithaca.edu)