

# BE WELL!

## Come to Western's Mini Wellness Fair

Friday, December 9, 2011 – Noon to 1 p.m.  
Rm 4210, Support Services Building



*Win PRIZES from Hospitality Services and The Bookstore!*

Come for:

- Campus Rec passes
- Free blood pressure check
- Ergonomic information
- Benefit information
- Nutritional advice
- Employee Assistance Plan details
- Mental Health First Aid courses

