

# Safe Spring Break Health and Wellness Expo

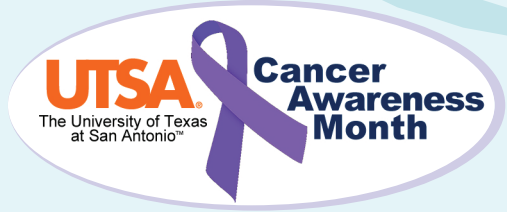


**March 10, 2010**

**Sombrilla**

Rain location: HSS  
**9 am - 2 pm**

Featuring:  
**Health Screenings  
Wellness Seminars & Activities  
over 50 Community Resources  
& Exhibitors**



*In collaboration with:*



For more information, call (210) 458-6428  
[www.utsa.edu/health](http://www.utsa.edu/health)



Safe Spring Break  
Health and Wellness Expo

# Wellness Line Up

March 10, 2010

## Testing

Free HIV testing  
Student Health Services  
RWC 1.500

## Sombrilla

community resources, spinal checks  
depression, alcohol screenings  
and mental health screenings  
marrow registry, vision screenings  
fire extinguishing demos  
physical activity demos

rain location: HSS

## near UCIII & South Garage

body composition, cholesterol, weight/height,  
BMI, blood pressure, etc.; blood donations  
Health & Kinesiology's Mobile  
& South Texas Blood & Tissue Mobile Units

## Highlights



cancer education &  
prevention tools  
meet representatives from  
cancer organizations!

To sign up for these activities:

call 458-6428  
Space is limited



**10 am, 11 am, 12:30 pm Fun Physical Activity Demos**  
with Campus Recreation  
Sombrilla Stage

**11 am "Ask the Doctor" roundtable session**  
with Dr. Beth Wichman, Student Health Services  
UC Mesquite Room UC 2.01.24

**12 pm The Importance of Nutrition, Exercise and Your Health.**  
**How Can Our "Living Well: Make it a Priority" Program Help**  
with Rolando Roman, UT System  
UC Travis Room UC 2.202

**2 pm Campus Walk**  
with Kristee Phelps, UTSA Wellness Program  
Front of MS Building

**Fire Extinguishing Demo**  
with Environmental Health Safety and Risk Management  
Sombrilla area

