

VALLEY CITY STATE UNIVERSITY

# WELLNESS FAIR

MARCH 1 ♦ 11:00 A.M.–1:00 P.M. ♦ VCSU STUDENT CENTER

## INCLUDES:

- ♦ Free samples
- ♦ Information about local health services and resources
- ♦ Health screenings
- ♦ Fitness testing
- ♦ Activities & materials
- ♦ InBody 270-fastest body composition analyzer for \$5 fee (regular \$20)

## PARTICIPANTS

Sanford Health ♦ Essentia Health ♦ Fitness Assessment and Exercise Prescription ♦ VCSU Athletic Training club ♦ Live Life Well ♦ CHI Mercy Hospital ♦ Young People's Healthy Heart Program ♦ VC Park & Rec ♦ VCSU Counseling Services ♦ VCSU Nursing Program ♦ NDSU Extension Service ♦ Fuel Up to Play60 ♦ Central Valley Health ♦ City-County Health Department ♦ Be Well Healing Arts ♦ VCSU Health Services ♦ YogaMe ♦ APOC ♦ b-Fit 24/7

## SPONSORED BY:

**SANFORD**<sup>®</sup>  
HEALTH



**Essentia Health**  
Here with you

## PARTICIPANTS WILL BE ELIGIBLE FOR HUNDREDS OF DOLLARS IN PRIZES!

- ♦ 2 Apple Watches
- ♦ Fitbit Charge HR 2
- ♦ Gift cards to Scheels, local grocery stores and restaurants
- ♦ Movie passes
- ♦ And MORE!

