

Wellness Expo is Wednesday at SWOSU

04.03.2015

Students, staff and area residents are invited to the SWOSU Wellness Expo this Wednesday, April 8, from 10 a.m. to 2 p.m. in the Memorial Student Center on the Weatherford campus.

The annual free event is hosted by SWOSU's Health and Counseling Services and functions to educate individuals on the importance of overall wellness and ways of maintaining a healthy lifestyle.

Several departments, organizations and businesses will set up booths at the expo including: Athletic Training and Exercise Science Departments, Campus Ministries, First Choice Pregnancy Care Center, SWOSU Health and Counseling Services, health food stores, SWOSU Human Resources, Music Therapy students, personal fitness trainers, College of Pharmacy, Psychology Department, Psych of Women Class, School of Nursing, vocational rehabilitation services, Wellness Center/Intramurals, Whole Foods Markets and more.

For more information or if an organization would like to be involved, contact Health and Counseling Services at 580.774.3776.