

# Wellness Expo is Wednesday at SWOSU

04.07.2014

Students, staff and local residents are invited to the SWOSU Wellness Expo this Wednesday, April 9, from 10 a.m. to 2 p.m. in the Memorial Student Center lobby 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 local Weatherford businesses will set up booths at the expo, including: the Exercise Science Department, First Choice Pregnancy Care Center, health and counseling services, music therapy students, personal fitness trainers, the College of Pharmacy, vocational rehabilitations services, Wellness Center staff and many more.

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