

Healthy Lifestyle and Diet are Focus of Wednesday Program

11.19.2013

Southwestern Oklahoma State University's last event for the IMPACT series is Wednesday, November 20, when students will be provided with information on how to maintain a healthy lifestyle/diet with "Eat This Not That."

New Student Orientation and SWOSU Nurse Laura Smith will present ways to easily change diet habits and how to avoid over-advertised diets that don't work. This free IMPACT event will be from 12-1 p.m. in Stafford Center 104 on the Weatherford campus. A sandwich lunch will be provided.

Faculty and staff are also welcome at this event.

For more information, contact NSO Coordinator Jessica Skinner at 580.774.3233 or jessica.skinner@swosu.edu.