"EXERCISE IS MEDICINE" VIRTUAL SERIES

WHAT IS "EXERCISE IS MEDICINE?"

To celebrate Exercise is Medicine on Campus month, the Center for Integrative Wellness at the University of West Georgia invites you to this four-part informative virtual series. Exercise is Medicine® On Campus calls upon universities and colleges to promote physical activity as a vital sign of health. The program also encourages faculty, staff, and students to work together toward improving the health and well-being of the campus community. This includes making movement part of the culture of the campus, providing faculty, staff, and students with the tools necessary to strengthen healthy physical activity habits that can last a lifetime, and connecting everyone to health fitness specialists to provide exercise education.

SERIES TOPICS

EIM FOR HYPERTENSION
Date & Time: Wednesday, October 6, 12:00pm
Click here for the virtual link

EIM FOR JOINT AND BACK PAIN
Date & Time: Wednesday, October 20, 12:00pm
Click here for the virtual link

MOTIVATIONAL STRATEGIES/SMART GOALS

Date & Time: Wednesday, October 13, 12:00pm
Click here for the virtual link

PANEL - MYTHS VS. FACTS ABOUT EXERCISE
Date & Time: Wednesday, October 27, 12:00pm
Click here for the virtual link

For more information and resources visit:
https://www.westga.edu/academics/education/wolf-wellness-lab/index.php