Miami Dade College, North Campus

Health and Wellness Day

Wednesday, November 29, & Thursday, November 30
9:00 AM to 2:00 PM - Building 4000 Breezeway

Blood Pressure, Cholesterol & Glucose Testing
Mile Walk
Massage Therapy
Afro-Caribbean Aerobic Dancing
Swing Dancing
Salsa Dancing
Nutrition & Fitness Testing
Faculty Challenge Tug – A – War
Basketball Free-throw Contest
Blood Donations and Testing
Strongest Man / Strongest Woman Contest
Bench Press Contest
Health and Nutrition Lectures
Free HIV/STD Testing
Free HIB (Hepatitis B) vaccine
*Participants in Physical Activities must wear Workout Shoes

Co-Sponsored by Student Life and Community Education Departments