

# FREE EXERCISE CONSULTATIONS

**WHEN: APRIL 1, 2019 - JUNE 10, 2019**

## TWO LOCATIONS:

	STUDENT HEALTH CENTER	HEALTH & PE COMPLEX ROOM HP-126
Mon	10 AM - 2 PM 4 PM - 5 PM	8 AM - 10 AM 2 PM - 4 PM
Tue	10 AM - 12 PM 3 PM - 5 PM	12 PM - 3 PM
Wed	10 AM - 11 AM 1 PM - 3 PM 4 PM - 5 PM	11 AM - 1 PM 3 PM - 4 PM
Thu	Consultation hours at SHC not available on Thursdays	10 AM - 5 PM
Fri	11 AM - 1 PM	8 AM - 11 AM 1 PM - 3 PM

*Please see reverse side for appointment information*

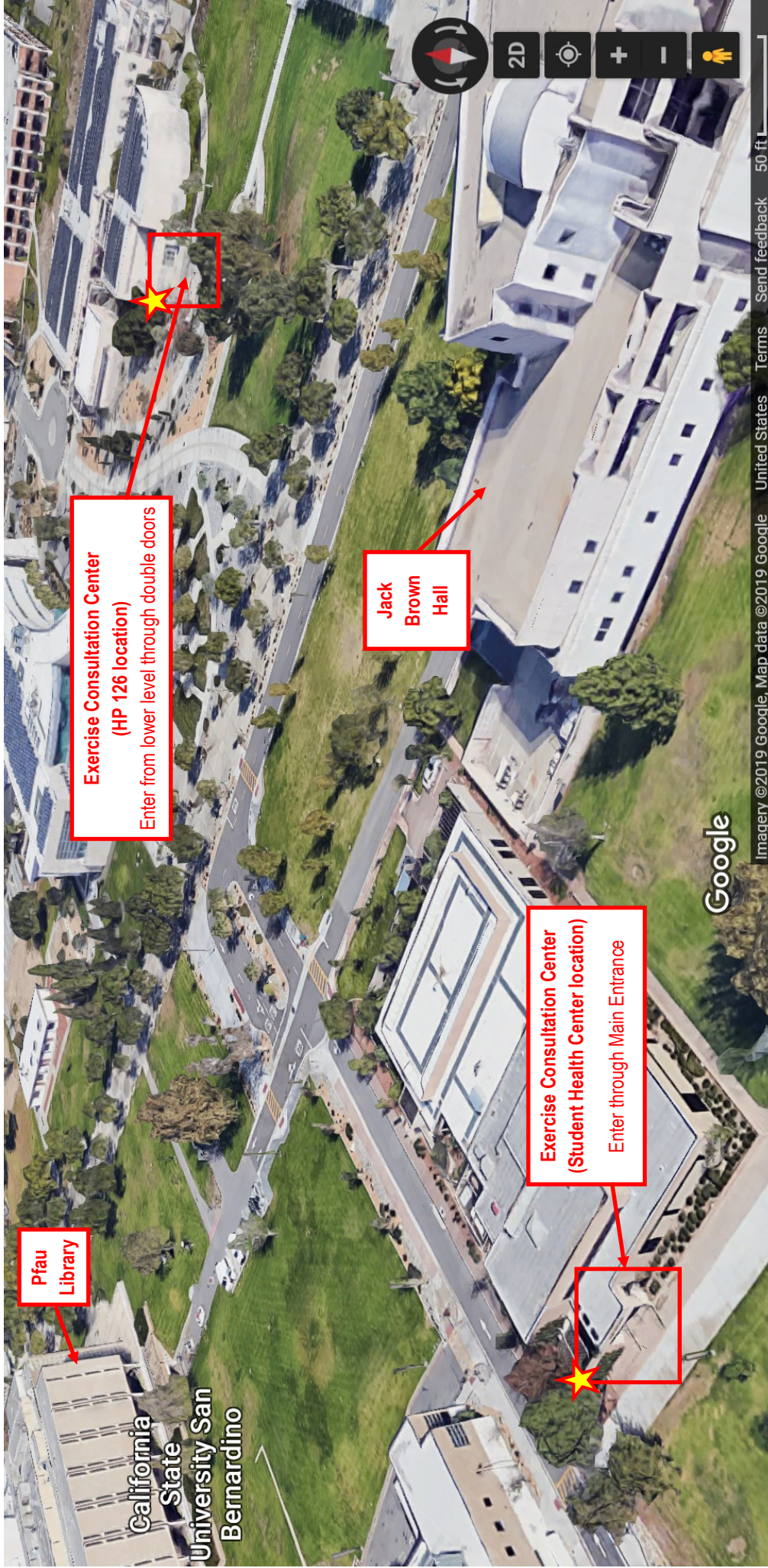
**Individualized  
exercise plans with  
kinesiology interns**

**Learn to incorporate  
activity into daily life**

**Evidence-based  
recommended  
exercise guidelines**

**1 - on - 1  
20-min sessions with:**

- Darlene Abrego, EMT
- Eric Castro
- Izelle Ceballos
- Nolita Fiamé
- Karina Perez-Gallegos
- Mayra Gonzalez
- David Howard
- Sonia Martinez, NSCA-CPT
- Karen Quezada



**Schedule an appointment today!**

<p><b>Student Health Center location</b></p> <p>See Front Desk at Student Health Center or call (909)537-5241</p>	<p><b>HP-126 location</b></p> <p>See exerciseconsultant.setmore.com or scan QR code</p>
