

**MARK WELLNESS ON YOUR CALENDAR!**

# **UNM WELL-BEING EXPO 2019**



## **Main Campus**

Sept. 17  
10 a.m. - 2 p.m.  
UNM SUB

## **North Campus**

Sept. 18  
10 a.m. - 2 p.m.  
College of Pharmacy  
& Nursing, 3rd Floor

Wellness is more than just working out or eating clean.  
Attend the UNM Well-Being Expo and  
take action for a balanced, healthy life.

Workshops sessions including:

**Healthy Eating on a Budget**

**Managing Your Money**

**Healthy Workplace**

Open to all faculty, staff, retirees and students

Brought to you by:



Visit

**[goto.unm.edu/wellbeingexpo](http://goto.unm.edu/wellbeingexpo)**

for complete schedule.

Questions? Contact:

[wellness@unm.edu](mailto:wellness@unm.edu)