

JANUARY 27, 2020

Healthy Loo & You



Student Support Pantry

Location: Administration Office
Days: Monday-Thursday
Hours: 1pm-3pm

ZUMBA CLASS



February 4, 2020
Location: Holmes Hall 6pm-7pm

OWENS HEALTH & WELLNESS CENTER

National Wear Red Day February 7

Heart disease is the leading cause of death in the U.S. Know your risk and protect your heart.



NIH National Heart, Lung, and Blood Institute



On Friday, February 7, 2020 be spotted wearing red in the CO-OP between the hours of 11am and 1pm to receive a chance to win a prize.

Fitness Center Hours Monday-Saturday 7am-7pm

Daily Classes:

Monday: Sit-N-Fit 10am
Line Dance 2pm
Tuesday: Strength & Conditioning 11am
Wednesday: Toning 10am
Thursday: Strength & Conditioning 11am
Location: Kroger Gymnasium



Do You Know Your Status?

The My Brother's Keeper Mobile Unit will be in the parking lot across from Warren Hall to provide screenings on Wednesday, February 5, 2020 11am-2pm

Please call 601-977-6137 or email scoleman2@tougalo.edu

for more information