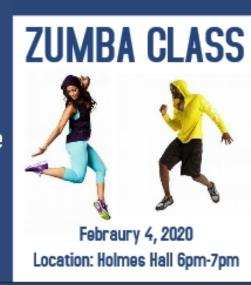
JANUARY 27, 2020

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Student Support **Pantry**

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



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.







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@tougaloo.edu for more information