JANUARY 20, 2020

Healthy Loo & You

Student Support Pantry

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

Try a 30/10 Meal Plan

Eat at least 30 grams of protein and 10 grams of fiber at each meal. Protein promotes muscle maintenance and growth. The fiber will fill you up and help you stay full until your next meal.

Make a 3 egg omelet with a 1/2 cup of shredded cheddar and 2 cups of sauteed baby spinach. Serve with a 1 slice of whole-grain bread.
Source: Men's Health Magazine
Jan-Feb 20 Issue

Fitness Center Hours

Monday-Saturday
7am-7pm

Please call 601-977-6137
for more information.

Fitness Center Classes

Monday: Sit-N-Fit 10am-11am
Line Dance 2pm-3pm
Tuesday: Strength & Conditioning
11am-12pm
Zumba: 6pm-7pm
Wednesday: Toning 10am-11pm
Thursday: Strength & Conditioning
11am-12pm

OWENS HEALTH & WELLNESS CENTER