

# TRUE HEALTH

## SUMMER 2016

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### POWERLUNCHES

- WORKSHOP#1- **BREATHE** JULY 20<sup>TH</sup> , 2016
- WORKSHOP#2- **HYDRATE** JULY 27<sup>th</sup> , 2016
- WORKSHOP#3- **ENERGIZE** AUG 3<sup>rd</sup> , 2016
- WORKSHOP#4- **RECREATE** AUG 10<sup>th</sup> , 2016

Location : Morrison Mayberry Conference Room

### Why TRUE Health?

The purpose of the TRUE Health Summer 2016 Program is to create a supportive and encouraging environment where faculty and staff can take **small steps** to achieve **true health**. We understand that health is a personal journey. Therefore, as partners the SkegeeFit team have decided to embark on a **collective journey** to create a healthier Tuskegee.