

LIVE FIT | LIVE WELL



Men's Health, Muscles, Meals and more!

Date: 06/24/09

Time: 12 noon– 1pm

Location: HUB 268

For UCR Academic and Staff Employees

**Not Just For Men—
Women are Welcome!**

Enroll through the [Education and Development website](#).

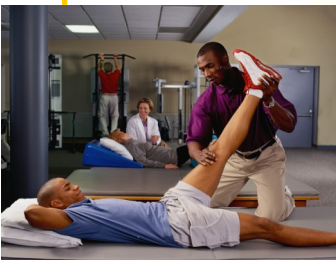
Men's Health

- Preventative Exams
- Best Foods for Men
- Building a leaner, stronger body
- Work/Life Balance

Healthy refreshments!

Presented by:

**Allen Felix, MD
Board Certified – Family Practice
Riverside Physician Network**



Raffle prizes for your attendance!

**Wellness Program Coordinator:
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