



University of Michigan-Flint Wellness Series

Wednesday, October 12 - **The Benefits of Sustainable Transportation**

Join Greg Rybarczyk, PhD, Earth & Resource Science to learn about sustainable transportation and how to incorporate it into your lifestyle. Examples from other cities including commuting strategies and the benefits will be provided. (Michigan Room C)

Wednesday, November 9 - **Fitting in Fitness**

Join Chris Clolinger, MA, ACE-CPT Recreational Services to learn how to fit fitness into your busy life! (Michigan Room A)

Wednesday, December 7 - **Latest Trends in Care Giving**

Linda Rice from Loving Hands Adult Day Care will be here to give some practical tips and advice on the latest trends in care giving. (Michigan Room C)

Wednesday, February 15- **Women's Health: Pelvic Floor Function vs Dysfunction.**

Learn from Kelly Leavy, McLaren physical therapist about maintaining healthy function over a lifetime. (Michigan Room A)

Wednesday, March 7 - **Q & A on Personal Finance "Hot Topics"**

Receive much needed answers from Kathryn Greiner, AFC Director of Credit Education about your personal finances at this question and answer session. (Michigan Room C)

Wednesday, April 11 - **Gardening: Benefits of organic practices**

Learn about the nutritional health benefits related to organic/natural practices when gardening. Presented by Rob Macomson,, MSU Extension. (Michigan Room A)

FREE! Community members are welcome to attend.

11:30 am - 12:30 pm

Please feel free to bring your lunch! For more information, call 762-3441.

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