



# Fitness Seminar

## Get Your Fitness Program Back on Track

Have you been working out and not seeing results? Have you stopped working out altogether? MHealthy can show you how to set some specific goals to get your fitness program manageable and back on track.

**Wednesday, April 29, 2015**

12:10 p.m.

Fleming Building, Regents' Room

Minimum of 10 people required

Please RSVP by 4/17/15 at [fleming.bf.umich.edu/wellnesscommittee](http://fleming.bf.umich.edu/wellnesscommittee)



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