



Bring a Buddy to Class Week

During this week, all current Winter 2013 MHealthy exercise class members can bring one buddy to each 100-level class for which they are registered.

Don't know anyone in the MHealthy exercise classes? Don't worry! You are your own buddy! You can drop into any 100 class that week as well.

Participation is dependent on room in class that day.

When: March 24 - 30, 2013

Cost: FREE

For more information:

Call: 647-7888 (dial all 7-digits)

Email: mhealthy@umich.edu



www.mhealthy.umich.edu/exercise