



Bloom into Wellness

2019 NIRSA Day/Health & Wellness Expo

Thurs., March 28

10 am- 2 pm

KU Recreation Center

Over 35 Health & Wellness Vendors

FREE Fitness Assessments

The Kutztown PUSH Contest (most push-ups)

Test your fitness level



**Blood
Drive**

Save a life and donate blood
Light Refreshments Served @ 11AM
FREE door prizes

Sponsored by: KU Health Promotion and Alcohol & Other Drug Services, Recreational Services, Department of Sport Management