



StepWell Mini Health Fair

Tuesday, May 17, 1200-1330
Nutrition Classroom, Bld 2, 2nd floor

Are you doing your best for health?

**Stop by for a quick assessment:
Nutrition and Physical Activity checklist**

BMI (body mass index)

Body Fat Percentage

Waist Circumference

Blood Pressure

Weight

Sponsored by NMCP Wellness Dept