

NU Fitness & Recreation's

lunchtime educational series presents . . .

MEN'S HEALTH & WELLNESS*Your game plan for a healthy life!***Wednesday, June 4****12:10 - 12:50pm**

Through the years, researchers have made great strides in men's health. Through the years, men have closed the gap with women in life expectancy. Experts believe this is because men are simply taking better care of themselves. Men are also becoming more conscientious about getting regular screening checkups. Join professional staff from *Evanston Northwestern Healthcare*, and the NU Fitness staff to learn how healthy life-style choices, self-care skills and preventative care can significantly improve the quality of a man's life. Get the latest on men's health and fitness.

A **FREE light lunch** will be available to those in attendance. Pre-registration recommended. For more information, call **(847) 491-4303**.

Location

Northwestern University, Sports & Aquatics Center,
2311 Campus Drive,
Evanston IL, 60208