Healthy Holiday Tips!
- Plan time for exercise
- Don't skip meals
- Survey party buffets before filling your plate
- Eat until you are satisfied, not stuffed
- Be careful with beverages
- Take the focus off food
- Bring your own dish

**GIVE THE GIFT OF LIFE!**

**Blood Drive**

**Friday, Dec. 14**
Time: 10:00 a.m.-2:30 p.m.*

**Location**
College of Education Building; Room 124 A+B

Appointments highly suggested, but walk-ins welcomed!

*Call 262-6314 to schedule an appointment!

**HOLIDAY HOURS:**

**December 10-14**
Monday-Thursday: 8am-5pm  
Friday: 8am-3pm  
No exercise classes

**December 17-21**
10am–2pm  
No exercise classes

**Monday, December 24 – Tuesday, January 1, 2013**
Closed

**Wednesday, January 2 – Friday, January 11, 2013**
Monday-Thursday: 8am–5pm  
Friday: 8am–3pm  
No exercise classes

**Monday, January 14, 2013**
Resume regular hours/operation

**THANKS TO ALL WHO DONATED**

to Health Promotion’s toy drive!
A total of **163 toys**
were collected and delivered to Toys for Tots on December 7!