



*Exercise is Medicine-
On Campus*

RAD T-SHIRT RUN/WALK

**DECORATE A
T-SHIRT AND JOIN
THE 5K FUN!**

Free white t-shirts to first 100 to register. Pick yours up at the Wellness Center.

Register at
<http://www.uwyo.edu/rec/wellness-center/exercise-is-medicine/>

**SATURDAY, OCTOBER 7TH
9AM | REC FIELDS**

**FREE TO ALL UW STUDENTS,
STAFF AND FACULTY**

