



## HuskyFit: Get Healthy with Hawley!

Whether you are looking to lose weight, maintain your weight, or eat healthier, this program is for you! Learn tips and tools for getting in your best shape this spring. There will be expert nutrition information by registered dietitians, healthy food demonstrations, fitness classes, a walking club, and more!

- **When:** Mondays starting January 30<sup>th</sup>- April 9<sup>th</sup>
- **Where:** Hawley Armory Classroom 204
- **Time:** 12pm-1pm
- **Cost:** \$25\* for the 11 week session

**\*\$15 if you are a current Hawley member (exercise club or fitness center only)**

A drawing for a FREE Hawley Armory semester membership will be awarded at the last class! Each session will have an optional weigh-in and features a guest lecturer or physical activity by professionals in nutrition and fitness. Class size will be limited! No refunds after the first week.

**Please preregister using the form below.**

**Questions? Call Colleen Thompson at x0035 or email her [colleen.thompson@uconn.edu](mailto:colleen.thompson@uconn.edu)**

**Complete class schedule online at <http://cag.uconn.edu/ahs/hawley/index.html>**

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Name \_\_\_\_\_

Address \_\_\_\_\_

Phone (best # to reach you) \_\_\_\_\_

Campus email \_\_\_\_\_

Enclose payment of \$25 (make checks payable to UCONN) and mail to:

Colleen Thompson, UCONN, Dept AHS, Unit 2101 Storrs CT 06269