

Monday, Jan. 28, 2013

USU Health Fair — Resources for Healthy Mind and Body



(Illustration from USU Wellness Program website)

A Health Fair, presented by Utah State University's Student Health Services and the Employee Wellness Program, will be held Thursday, Jan. 31, from 10 a.m. to 3 p.m. in the Taggart Student Center's International Lounge. The fair's organizers say the fair "provides the resources to make your 2013 New Year's resolutions a success."

"As a joint effort with Student Services and Human Resources, this event's purpose is to inspire others and engage people to fulfill their potential of living strong, successful and healthy lives," said USU Wellness Coordinator Dayna Barrett.

The Health Fair is open to students, employees and the community. The Health Fair aims to motivate individuals on their wellness journey during any stage of life, Barrett said.

Interactive booths, displays and health screenings are available at the Health Fair, providing information about nutrition, fitness, relaxation, sustainability and financial health. Attendees can receive a free health screening to determine body mass index, body fat percentage, blood pressure, blood sugar, grip strength and flexibility. Additional screening, including free diabetes and blood sugar screening, are offered thanks to generous support by Logan Regional Hospital. Those who would like to receive a free hearing test provided by the USU Hearing Clinic, please call 435-797-1375.

"The USU Wellness Program strives to support and enhance the health and wellness of employees and their families and the broader community by building partnerships, programs and policies that enrich lives," Barrett

said. “Many of our programs are available to students and community members.”

More information is available [online](#) or by contacting Barrett at dayna.barrett@usu.edu, (435-797-8519).

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