

# FOGELMAN FIT KICK-OFF!

**Wed, Sept 22**

**11 am—1 pm**

Join us for the launch of

**FOGELMAN FIT!**

**Wednesday, September 22**

**11 am—1 pm**

**Fogelman Classroom Building**

Featuring fitness demos, health assessments, nutrition displays, challenge sign-ups, and giveaways.

Fogelman Fit is a wellness initiative for students, faculty and staff of FCBE offering a variety of activities and health events throughout the year.

To learn more, email us at

[FogelmanFit@memphis.edu](mailto:FogelmanFit@memphis.edu).

Follow us on Facebook!



## Schedule of Events:

- 11:00 Zumba
- 11:30 Yoga
- 12:00 Walk/Run Seminar
- 12:30 Bootcamp

**Students who sign up for Fogelman Fit will receive a FREE t-shirt!**

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**MEMPHIS**<sup>®</sup>

Fogelman College  
of Business & Economics