Spring 2010 Well U Lecture

Monday, February 22, 2010

Robert E. Sallis, MD

Exercise is Medicine:
Understanding the Health Benefits of Physical Activity

Two Main Events:

1. Exercise is Medicine: Understanding the Health Benefits of Physical Activity
   11:00am to 11:45am
   DuVal Auditorium, University Medical Center, 1501 N. Campbell Avenue

2. Grand Opening of the Student Recreation Center Expansion
   Dr. Sallis is the featured speaker at the Grand Opening of the new Student Recreation Center. Grand Opening ceremonies and festivities will take place from 11am to 1pm. Speaker sponsored by Campus Health, Well U, Coca-Cola, and others.
   12:30pm for Dr. Sallis’ talk
   Student Recreation Center Expansion, 1400 E. 6th St.

Fellow of both the American Academy of Family Practice and the American College of Sports Medicine, Dr. Sallis is founder and chair of Exercise Is Medicine, an international initiative to make physical activity and exercise a standard part of the disease prevention and treatment paradigm in the United States. In response to the nation’s health crisis, the American College of Sports Medicine and the American Medical Association launched the Exercise is Medicine program-- www.exerciseismedicine.org---with the support of many other prestigious organizations.

Sponsored by the UA Well University Partnership