
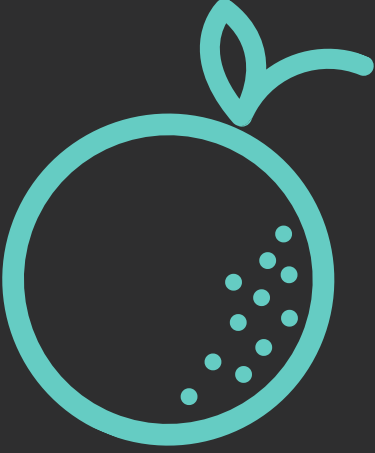




MASON RECREATION'S
VIRTUAL LUNCH & LEARN:



MANAGING YOUR HEALTH STATS



**For faculty and staff only.*

Friday, October 22nd
12:00pm - 1:00pm via Zoom

To celebrate Exercise is Medicine Month, join David Cohen, ACE Medical Fitness Specialist and Certified Personal Trainer, as he teaches you how to manage numbers like **A1C** (blood sugar), blood pressure, cholesterol, weight, and body fat through diet and exercise.

Also hear from Asst. Director of Fitness Becky Demus as she teaches you how to **utilize stats** presented on **wearable devices** like Fitbits and Apple Watches.

Register at connect.recreation.gmu.edu

