

Subhead. Subhead. Subhead. Subhead.

MCNEESE STATE UNIVERSITY OFFERS: SPUR-U Wellness Program

Join McNeese State University Health and Human Performance graduate students on a journey to wellness!

**Spur U is FREE for**

**MSU Students!**

**OFFERING A SIX WEEK PROGRAM WITH SESSIONS ONCE A WEEK:**

Weeks 1, 3, 5: Nutrition Session

Weeks 2, 4, 6: Exercise Session

\*\*Spur-U begins **Sept. 12th, 2014.** Contact the e-mail below to reserve your spot.

**Spaces are limited to 10 students.**

Incentives will be given for weekly participation.

**If interested in participating e-mail us at:**

**mcneesedi@gmail.com**