

2010 BeWise Mini-Fairs

January	13th – Diabetes and Exercise @ 11:00 1601 	26th – Mental Wellness @ 11:00 1601 	27th – Cooking:”Dietary Guidelines, and Eating for Disease Prevention” @ 10:00 am 1601 	21st-Zumba @ 6:00 PM 2500-2501 
February	10th– BP and Cholesterol @ 10:00 1601 	17th–Yoga @ 10:00 1601 	24- Cooking: “Menu Planning and Shopping “ @ 10:00 2601 	
March	17th- Diabetes and Exercise @ 11:00 1601 	31st– Cooking: “Physical Activity” @ 10:00 am 2500 	11th- Zumba @ 6:00 PM 2501 	
April	14th- BP and Cholesterol @ 10:00 1601 	21st- Yoga @ 6:00 PM 1601 	28th– Cooking: Watch your Fats, Sugar and Salt” @ 10:00 2500 	
May	19th- Diabetes and Exercise @ 11:00 1601 	26th– Cooking: “My Food Pyramid” @ 10:00 am 1601 	6th-Zumba @ 6:00 PM L900 	
June	16th- BP and Cholesterol @ 10:00 1601 	23rd- Yoga @ 10:00 1601 	30th– Cooking: Eat Smart, Live Strong” @ 10:00 am 1601 	
July	14th- Diabetes and Exercise @ 11:00 1601 	28th- Cooking:”Dietary Guidelines, and Eating for Disease Prevention” @ 10:00 am 1601 	8th- Zumba @ 6:00 PM 2500 	
August	11th- BP and Cholesterol @ 10:00 1601 	18th- Yoga @ 6:00 PM 1601 	25th- Cooking: “Menu Planning and Shopping “ @ 10:00 am 1601 	
September	15th- Diabetes and Exercise @ 11:00 319H 	29th- Cooking: “Physical Activity” @ 10:00 am 2500 	23rd- Zumba @ 6:00 PM 2501 	
October	13th- BP and Cholesterol @ 10:00 2501 	20th- Yoga @ 10:00 2501 	27th- Cooking: Watch your Fats, Sugar and Salt” @ 10:00 2501 	
November	16th- Diabetes and Exercise @ 11:00 2500 	17th- Cooking: “My Food Pyramid” @ 10:00 am 2501 	9th- Mental Wellnes @ 11:00 2601 	4th-Zumba @6:00 PM 2501 
December	14th- BP and Cholesterol @ 10:00 2601 	8th- Yoga @ 6:00 PM L900 	15th- Cooking: Eat Smart, Live Strong” @ 10:00 319H 	