

Please join us for a *Wellness@Work Lunch-and-Learn!*

# WEIGHT TRAINING AND FLEXIBILITY AFTER ILLNESS

Wednesday, Sept. 21  
Noon to 12:45 p.m.  
Hargraves Recreation Center,  
216 N. Roberson St.



- The Effects of Medications & Illness on the Body
  - Body Mass
  - Bone Density
  - Stamina
- When is a Good Time to Start Your Body Back into an Exercise Regimen?
- Weight Training & Flexibility Go Together
  - Resistance Techniques
  - Increasing Flexibility
  - A Little Weight Goes a Long Way

*Presenter:* She Wright-Quick, MAOM, Senior Forensic Evidence Specialist, Chapel Hill Police Department



## **Lunch will be provided!**

Please RSVP to Liska Lackey by 5 p.m. Monday, Sept. 19, at [llackey@email.unc.edu](mailto:llackey@email.unc.edu) or 919-968-2796.



**wellness @work**  
UNC HEALTH CARE | FAMILY MEDICINE  
TOWN OF CHAPEL HILL

