Faculty & Staff: You’re Invited!

Join the Sister Accord Day at the UC Campus Recreation Center

If Eligible, You Can Earn 20 Be Well UC Points! (see below)

SISTER ACCORD®

THURS AUG 31ST 2017
12 NOON >>> 1:30 PM

The Sister Accord® Founder, Sonia Jackson Myles, and Fitness Guru, Iris T. London of ITL Fitness, will celebrate Sister Accord® Day 2017 by Spreading LOVE, Health & Wellness. We will also share the event on Facebook Live so that our Sisters & Brothers around the world can join us on this special day!

Please wear your gym attire as we will exercise, learn The Sister Accord® Slide and discuss why we must commit to a life of Health & Wellness!

FREE AND OPEN TO THE PUBLIC

THE UNIVERSITY OF CINCINNATI—
CAMPUS RECREATION CENTER
2820 Bearcat Way
Cincinnati, OH 45221

To receive your activity code for your 20 points, send a selfie of you at the event committing to a life of Health & Wellness to wellness@uc.edu for the Be Well UC website.

Questions?
Please contact wellness@uc.edu
uc.edu/hr/bewelluc