Healthy Tailgating Tips

Friday, Nov. 16
Nutrition Session @ 11:30am
UC Volleyball Game @ 12pm

Come to the newly renovated Fifth Third Arena (Classroom 360S) for a 30-minute session with Angela Bruzina, Director of Sports Nutrition in the Department of Athletics and Visiting Instructor in the College of Allied Health Science. Angela will provide you with tips and recipes ideas for a healthy tailgate. Some demonstrations and samples will be available.

Space is limited to the FIRST 50 (faculty & staff only)!

Afterwards, join Be Well UC in the stands to cheer on the Women’s Volleyball team as they take on Tulane at noon.

Those registered for the educational session will enter the arena in the main doors by the ticket windows. You’ll be directed to the 300 level classrooms from there. Be Well UC will provide 10 points to each person who joins us for the Healthy Tailgating Tips.

Be sure to stick around for the game as an additional 10 points will be available to any faculty or staff member who stops by the Be Well UC table near the arena entrance. Raffles will be conducted during the game (must be present to win).

Work Well

Questions? Please contact wellness@uc.edu