

MOMENTUM

La Sierra University || Health & Exercise Science Club



EDUCATE YOURSELF

Genuine awareness will help you avoid judgmental or mistaken attitudes about food, weight, body shape and eating disorders.

TALK ABOUT IT

If you think someone has an eating disorder express concern, gentle and firm encouragement will help the person seek professional help.

TAKE ACTION

Help support local and national non-profit eating disorder organizations to help raise awareness.

UPCOMING EVENTS

This winter quarter we have a lot in store for you, beginning with our TUESDAY NIGHT WORKOUTS (see flyers for more information). On February 14 we will be having another FRUIT CUP FUNDRAISER , so please come out to help support and grab a quick healthy snack. Finishing up the quarter we will be working alongside the Counseling Center to help sponsor a 5k run to help raise awareness of Eating disorders. Stay tuned for more information!

1

JOIN THE CLUB
Become a member and join the fun.

2

GET INVOLVED
Join us as we help the campus and community get fit.

3

REACH OUT
Don't leave just yet; become an officer and pass down the torch.



OUR T-SHIRTS ARE HERE

FOR ANY T-SHIRT INQUIRIES PLEASE CONTACT SHANTEL GREENE (email listed below)



ALSO, DON'T FORGET TO ATTEND OUR OTHER CAMPUS EVENTS...
 THE FIRST 3 PEOPLE TO ATTEND AT LEAST 5 EVENTS
 WILL RECEIVE A FREE T-SHIRT !

UPCOMING EVENTS

JANUARY:

24: Tuesday night workout (8pm-9pm)

31: Tuesday night workout (8pm-9pm)

FEBRUARY:

14: Valentine's Day Fruit cups (Noon- 1pm)

26: Eating Disorder Awareness 5k (8am)

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