

Mark your calendar for the UK Health & Wellness Conference May 16, 2008!



Better Health: To Go

Practical and inspiring information on
becoming a healthier and happier YOU.

What's on the menu? A day full of practical tips on how to:

- Keynote speaker: Dr. James W. Holsinger, Jr. (Wethington Endowed Chair in the Health Sciences, UK College of Public Health)
- Sleep better
- Decrease stress
- Build relationships
- Be more heart healthy
- Bring more laughter into your life

The event will be held **Friday, May 16, from 8 a.m. to 4:30 p.m.**, at the Student Center.

Admission to the conference is **FREE** for UK employees, retirees, spouses and sponsored dependents.



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