

BeWell@Stanford presents the 2016

WELLNESS FAIR

SPOTLIGHT ON WELLNESS 

WED, MARCH 16, 10:30AM - 3:00PM

ARRILLAGA CENTER FOR SPORTS AND REC

STARRING SLEEP! INCLUDING:

 RESTFUL SLEEP TIPS  FIVE-MINUTE MEDITATION SESSIONS

WITH SPECIAL APPEARANCES BY:

-  HEALTH SCREENINGS
-  MASSAGE
-  COOKING DEMOS
-  SLEEP-INDUCING HERBAL TEAS
-  BLOOD MOBILE

GRAND PRIZES:

-  GIFT CERTIFICATE TO A FAIRMONT HOTEL
-  SPA PACKAGE
-  HAPPINESS BASKET
-  BICYCLE TRAVEL PACKAGE

BEWELL AT STANFORD PRESENTS A SPOTLIGHT ON WELLNESS A FILM BY THE HEALTH IMPROVEMENT PROGRAM MUSIC BY DJ OSVALDO

COSTUME DESIGNER PRIZES EDITED BY BIKE TUNE-UPS PRODUCTION DESIGNER FITNESS DEMOS DIRECTOR OF PHOTOGRAPHY PHOTO BOOTH EXECUTIVE PRODUCER HEALTHY RECIPES

PRODUCED BY PUTT PUTT STORY BY ACTIVITIES SCREENPLAY BY SLEEP EXPERTS



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