



**PLEASE JOIN US  
TOMORROW!!!**

**SCHOOL OF  
PHYSICAL  
EDUCATION AND  
WELLNESS** A Catalyst for Change

Supporting students, faculty, staff, and the wider community,  
in developing and maintaining healthy lifestyles across diverse  
age, gender, and ability populations

**Wednesday, September 23  
12 p.m.  
Gymnasium, Ralph King  
Athletic Centre**

The image shows a badminton court with a net and two shuttlecocks on the floor. The text is overlaid on the image.

- **INTRODUCTION to the School Of Physical Education and Wellness**
- **ZUMBA**
- **PRIZES**