



News Release

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Century College Hosts First Wellness Event March 6

Century College will host its first annual Wellness Event on Friday, March 6, from 10 a.m. to 2 p.m. on the East Campus Lincoln Mall. The public is invited to attend this free event sponsored by the Century Wellness Committee and the Century Nursing Club.

Guest speakers include Gary Westlund on the topic, “Living Well Beyond Cancer” and Scott Schmultz of Snap Fitness on “Fitness and Precision Fitness.” Speakers will present in Room E 3573.

Booths and tables on the Lincoln Mall will include representatives from the following areas: Century Physical Education/Health Department, Chinese medicine, chiropractic, fitness and nutrition, healing, life coaching, massage, Medicare, Ochs Inc. (the State of Minnesota life insurance and disability vendor), nurses’ scrubs and weight loss.

Free blood pressure and body mass index screenings also will be available.

For more information, please email patricia.fox@century.edu.