Reunite with Classmates and Renew Yourself

April 15-17th, the Morrison Bruce Center will be holding the annual Alumni Health and Fitness Program. Madison College/James Madison University alumnae are invited back to campus to participate in assessments of their overall health, as well as work with JMU exercise science students to design a personalized physical activity/exercise program. Participants will engage in workshops and attend discussions on topics related to nutrition, motivation, and the importance of physical activity for women’s health. There will be a fee of $150.00, which will include all tests, and four meals (breakfast, lunch, and dinner on Saturday, breakfast on Sunday).

Friday, April 15th
- Afternoon session (~ 3:00 PM-6:00PM) Bone Mineral Density (DEXA) Scan, Questionnaires
  *Optional: Participants may begin their assessment on Friday. If you select this option, we will schedule you for approximately 45 minutes.

Saturday, April 16th
- Morning session (~ 7:00 AM-12:00PM) Blood Work, Breakfast, Fitness Testing, Round-Table Discussion
- Afternoon (~12:00PM-5:00PM) Lunch, Physical Activity Workshops, Round-Table Discussions
- Evening (~6:30 PM-9:00PM) Dinner at a local restaurant

Sunday, April 17th
- Morning (~7:00 AM-11:00 AM) Group Walking Tour of JMU Campus, Exercise Program/Plan Review*
  *Workshop and closing Round-Table Discussion
  *Participants will receive their personalized results and plan.

Comments from previous participants from the class of ‘58:

“We’re better people for coming to this program. Every one of us is better. Better physically, better mentally, more positive in our outlook for JMU.” – Betty Mann

“You’re always going to learn something to better your life. At our age we need to be exercising and thinking about health, keeping our bodies functioning.” – Betty Blanton-Oliver

Please email or call our Graduate Student Co-Director Brenna Cosgrove at morrisonbrucecenter@jmu.edu or 540-568-4348 for more information.

Space is limited, so register today!