



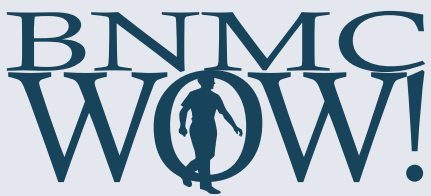
**Buffalo Niagara Medical Campus**  
Clinical, Research, and Academic Excellence  
**PRESENTS**

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# Wellness **ON WEDNESDAYS**

Join us indoors on the BNMC for noon-time **wellness sessions** on valuable health topics!



WOW is free and open to the public and all are encouraged to join.

**12:10 - 12:50 pm**

Zebro Conference Room  
Center for Genetics and Pharmacology  
Buffalo Life Sciences Complex at Ellicott & Virginia Streets

*A light meal will be provided.*

Wednesday, December 19  
**Holiday Healthy Eating**

Wednesday, January 16  
**“Active Living”: Keeping Your New Year Resolution**

Wednesday, February 20  
**Heart Health & Stroke Prevention**

Wednesday, March 20  
**Nutrition/Diabetes Prevention**

Wednesday, April 16  
**Stress Management & Cancer Prevention**

Thursday, May 15  
**Buffalo Wellfest @ the Buffalo Convention Center**

Wednesday, May 21  
**Walking On Wednesday Begins/ National Employee Health & Fitness Day @ Kaminski Park**

Wednesday, August 13  
**BNMC Summer Wellness Block Party @ Kaminski Park**

Contact the BNMC at 881-8920 or visit [www.bnmc.org](http://www.bnmc.org) for more information.

WOW is presented by the BNMC Wellness Committee with support from Active Living by Design