

ALL SJSU STAFF & FACULTY  
ARE INVITED TO PARTICIPATE

*May 20th*  
*National Employee*  
*Health & Fitness Day !*



*Come and*  
*Zumba with us!*

*12:00 PM to 1:00 PM*

*In the Aerobics Room*  
*located in the Sport Club*  
*Fitness Center*

*Join us for Two Seminars*  
*Presented by CONCERN EAP!*

*From 10:00 AM to 11:00 AM*  
*“In and Out*  
*of the Gym in One Hour”*  
*in Clark 547*

*and*  
*From 3:00 PM to 4:00 PM*  
*“Rev Up Your Metabolism”*  
*in Clark 547*

*For the seminars*  
*RSVP to [elizabeth.martinez@sjsu.edu](mailto:elizabeth.martinez@sjsu.edu)*



HUMAN RESOURCES