**What is your Vitamin D level?**

Are you part of the 45% of Americans who have low levels of Vitamin D? Now you can find out! WellWorks is bringing ***Vitamin D screenings*** to campus.

Also, an optional follow-up session will be held free of charge! Here, you will receive your results, discuss the importance of Vitamin D, the recommended levels, and the major sources.



*\*Vitamin D is an essential fat-soluble vitamin, important for our bones, cardiovascular, immune, and muscular health. Sub-optimal levels of Vitamin D can often lead to bone loss and osteoporosis.*

**Screenings**

Tuesday March 19, 2013

7:00 am- 9:00 am

Location: WellWorks

 **Follow-up session**

Tuesday April 2, 2013

7:00 am – 7:45 am

Location: TBA

Cost of screening $35.00

Call or stop into WellWorks to sign up! Payment must be made at the time of registration.

(5-10 min/session)