

1 | Stimulates brain
cell development

Improves memory
retention | **2**

3 | Increases focus
and concentration

Boosts mood and
lifts your spirits | **4**

5 | Relieves
stress

**Want to boost your
brain power?**

**Here are the top
5 reasons
you should make
time for exercise!**

*Join Student Support
Services for*

Walking Wednesdays

**When: Every Wednesday
at noon beginning
March 1**

**Where: Roanoke Valley
Fitness Interactive
Trail (HCC campus
front lawn)**

*For more information, stop by
Student Support Services
in Room 322
or call 252-536-7208.*