



JOHN JAY COLLEGE  
THE CITY UNIVERSITY OF NEW YORK  
OF CRIMINAL JUSTICE

# Stay Fit off Beach Season

Date: Wednesday, November 25  
at the North Hall Lobby

Find out:

- .Resources to motivate yourself to exercise
- .A plan for healthy food choices
- .Stretches for weight training and aerobic exercises

FOR MORE INFORMATION  
EMAIL [PEERCOUNSELING@JJAY.CUNY.EDU](mailto:PEERCOUNSELING@JJAY.CUNY.EDU)  
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