



Wellness Track Overview

Year 1: Annual Wellness Visit

Track A

2 Sessions with
Onsite Clinic

Track B

5 Sessions with
Onsite Clinic

Years 2 & 3

Track A

Track B

- OR -

Cardiovascular Health

Consultation
with a personal
trainer

Crafting of heart
healthy meals

Wellness in Community

Partake in a
walking group

Volunteer at the
CUE Farms
garden

Nutrition Education

Cooking Classes

Learn from a
Nutritionist

Questions? Contact Us!

Email: HealthyHorizons@butler.edu or Call: 317.888.6789