

COLUMBUS STATE

COLLEGE RECREATION AND WELLNESS

Recreation and Wellness Presentation Request Form

Presentation Information

Today's Date

Requested Presentation Date

Requested Topic (see below)

Presentation Time

Presentation Location

Handouts, materials requested:

Class/Audience Size:



Topics Available:

CRW Info Session

Self Defense (Presentation Only)

Self Defense (Demo)

Physical Activity Overall

Smoking Cessation

Cancer Awareness

Nutrition

Heart Disease Awareness

Running and Walking

Wellness as a Lifestyle

Weight Lifting

Men's Wellness

Financial Wellness

Women's Wellness

Other: