

Odessa College

news release

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For immediate release

OC to host 30 for 30 lunch and learn session Sept. 15

ODESSA (Sept. 8, 2009) – Join Odessa College for it's 30 for 30 lunch and learn session

“Obesity in America and General Nutrition” from noon to 1 p.m. on Tuesday, Sept. 15 in

Room 212 of the OC Sports Center.

Bring a brown bag lunch and OC will provide water and tea so you can learn more about “Obesity in America and General Nutrition” with Jennifer Simmons of The Metabolic Research Center.

OC, in celebration of its commitment to healthy minds, healthy bodies and healthy lives, is challenging the community to learn more and move more! OC's 30 for 30 Fitness Challenge is sponsored by Medical Center Hospital, City of Odessa, Fitness Specialist, Subway, Names and Numbers and Metabolic Research.

OC offers everyone in the community more opportunities to be healthy, have fun and get fit.

For more information call the OC Sports Center at 335-6348.