

Odessa College

news release

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For immediate release

OC to host 30 for 30 lunch and learn session Sept. 22

ODESSA (Sept. 15, 2009) – Join Odessa College for it's 30 for 30 lunch and learn session

“Women and Cardiovascular Disease” from noon to 1 p.m. on Tuesday, Sept. 22 in Joe Zant Jr.

Community Room, second floor, Student Union Building, OC campus.

Bring a brown bag lunch and OC will provide water and tea so you can learn more about “Women and Cardiovascular Disease” with Ryan Baldomero, Medical Center Hospital’s director of cardiac rehab.

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.