Mission of the Month: Trick or Treat Yourself Right

1,690 Pieces of candy a standard pillowcase can hold.

Pounds of candy corn made for the Halloween season.

35 MILLION

3,500 to 7,000 Calories worth of candy an average child collects on Halloween night.

10.5 Grams of sugar in a Reese's Peanut Butter Cup, America's favorite Halloween candy.

Percent of children (ages 2-11) who've had cavities in their teeth.

Proceeds go to the American Cancer Society: Making Strides Against Breast Cancer.

Loyola Marymount University 9th Annual

THINK PINK 5K RUN/WALK

Saturday, October 24th, 2015

Race Begins 9:45am

$10 students – $20 faculty/staff/alumni – $25 guest

Day of race registration/check in:
8:30-9:30am, Burns Rec Center (Lot C)

Register online at lm.edu/fitwell

#1ThinkPinkFor

Contact the FitWell Center for More Information @ 310-338-3049 Regarding:

• Personal training, group fitness classes, nutrition consultations, In-Body composition testing, presentations, and more!

• Relax in the Stacks: $20 (students); $25 (faculty/staff) for a 30 minute table massage, Wednesdays from 6-8 pm in Room 324 in the William H. Hannon Library. Visit www.lmu.edu/fitwell to schedule an appointment!

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@BurnsRecCenter

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Print your own copy of Stall Talk from www.lmu.edu/fitwell

• FitWell Center located in the Burns Recreation Center • Phone 310-338-3049 •