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2-24-1982

### 02/24/1982 - New Directions in Adult Physical Fitness and Cardiac Rehabilitation

University Marketing and Communications

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#### Recommended Citation

University Marketing and Communications, "02/24/1982 - New Directions in Adult Physical Fitness and Cardiac Rehabilitation" (1982). 1982. 58.

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EASTERN ILLINOIS UNIVERSITY  
Charleston, Illinois

# news

February 24, 1982  
select 4

HARRY READ, Director of Information and Publications (217) 581-2820

FOR IMMEDIATE RELEASE

CHARLESTON, IL--"New Directions in Adult Physical Fitness and Cardiac Rehabilitation" is the topic for the final lecture of the season in a series sponsored by Eastern Illinois University's Chapter of the American Association of University Professors.

Dr. Thomas Woodall, cross country coach and originator of the "Run For Your Life" program, will speak on Sunday, March 7 at 2 p.m. in the Booth Library Lecture Room. There is no admission charge.

Woodall is Director of the Human Performance Laboratory and has lectured at both national and international levels. He is currently spearheading a cooperative cardiac rehabilitation program with the Sarah Bush Lincoln Health Center.