

Health & Wellness

BROUGHT
TO YOU BY:
SL&L



The Art of Mindfulness Meditation with Adreyanna- Monday

Instagram LIVE

2/3- 3/31 & 4/28 at 7:30pm

(Excluding 3/17 due to Spring Break)

Zumba with Colleen- Tuesday, JKC Kerney Hall

Dates: 2/18, 2/25, 3/4, 3/11, 4/1, 4/15, 4/29

12 Noon

Yoga with Tracey - Thursday

Instagram LIVE

2/6 - 3/27 at 7:30pm

(Excluding 3/20 due to Spring Break)

Please note- 3/27 class will be held at 11:00am

Nature walk in honor of Earth Month

4/16 at 11:00am Campus-wide

Wellness Wednesday

Check out our social media every Wednesday throughout the semester for information focused on habits and practices that contribute to your overall health and wellbeing.

