

Wellness Wednesdays @UMBC

MONTHLY WELLNESS OPPORTUNITIES FOR FACULTY & STAFF

Join colleagues in the RAC from 12 noon - 1:00 pm for our new Wellness Wednesdays sessions for faculty and staff. Experience different wellness modalities and free resources available on campus. Recommit to making healthier choices everyday!

SEPTEMBER 2, 2015	<i>Seated Yoga and Meditation</i>
OCTOBER 7, 2015	<i>Know Your Numbers</i>
NOVEMBER 4, 2015	<i>Nutrition Essentials</i>
DECEMBER 2, 2015	<i>HAPP Student Wellness Presentations</i>
JANUARY 6, 2016	<i>Fitting Exercise Into the Workday</i>
FEBRUARY 3, 2016	<i>Know Your Numbers</i>
MARCH 2, 2016	<i>Self-Defense Essentials</i>
APRIL 6, 2016	<i>Spring Cooking Demo</i>
MAY 4, 2016	<i>Ergonomics: Creating a Productive Work Station</i>
JUNE 1, 2016	<i>Seated Yoga and Myofascial Release</i>

FOR SESSION DETAILS AND TO REGISTER, VISIT
WWW.UMBC.EDU/TRAINING

Visit the Wellness Initiative website at www.umbc.edu/wellness. For wellness content delivered to your inbox, follow the Wellness Initiative myUMBC group today!