

Wellness Schedule

10/2022

Monday	Tuesday	Wednesday	Thursday	Friday
3	4 3:30PM Yoga @ Eel River Cafeteria OR Join here: Yoga	5 12:30PM Lunch Stretch via Google Meet Join here: Lunch Stretch	6 3:00PM Yoga @ Perry Hill MPR	7
10 10:30am-12:30pm Food Demo & Meal Planning Guide @ Huntertown staff lounge *see info below	11	12 12:30PM Lunch Stretch via Google Meet Join here: Lunch Stretch	13 5:15PM Yoga @ Transportation Building OR Join here: Evening Yoga	14
17	18 3:30PM Yoga @ Eel River Cafeteria OR Join here: Yoga	19 12:30PM Lunch Stretch via Google Meet Join here: Lunch Stretch	20 11am-1pm Food Demo & Meal Planning Guide @ Carroll Middle staff lounge *see info below	21
24	25	26 12:30PM Lunch Stretch via Google Meet Join here: Lunch Stretch	27 3:00PM Yoga @ Perry Hill MPR 5:15PM Yoga @ Transportation Building OR Join here: Evening Yoga	28
31 10:30am-12:30pm Food Demo & Meal Planning Guide @ Aspen Meadow staff lounge *see info below				

CLASS DESCRIPTIONS

Yoga

Stretch and destress with an all-level yoga class! This yoga practice focuses on deep breathing and gentle movement. Bring a mat if you have one.

Classes will be offered at the location listed or you can join via Google Meet using the link included under the class!

Lunch Stretch

Take a 15-minute stretch break to de-stress and move your body! Use the link on the calendar to access the Google Meet.

Meal Planning & Food Demo

Chat with Alex about meal planning guidelines with the option to prep overnight oats for tomorrow. Use the link below to sign up for the food demo.

[Sign-Up](#)