

Wellness Schedule **March**

Monday	Tuesday	Wednesday	Thursday	Friday
2 Discover the Power of Nutrition: 1:30-1:45	3 Calm Meditation: 9:00-9:20 Social Media vs Real Training: 11:30-11:45	4 Power Your Day with Nutrition: 3:30-3:45	5 Body Weight Exercises: 11:30-11:50 31 High Fiber Foods: 11:30-11:45	6 Full Body Stretch: 10:00-10:20
9 Find Nutrition Advice Backed by Science: 1:00-1:15	10 Calm Meditation: 9:00-9:20 Balance Exercises: 12:00-12:15	11 Screen Time vs Movement: 11:00-11:15	12 Body Weight Exercises: 11:30-11:50	13 Full Body Stretch: 10:00-10:20 The Space Between Beats: 12:00-12:15
16	17 Calm Meditation: 9:00-9:20	18 31 High Fiber Foods: 12:00-12:15	19 Body Weight Exercises: 11:30-11:50 Stay Nourished on Any Budget: 11:45-12:00	20 Full Body Stretch: 10:00-10:20
23 Feel Good with Healthy Habits: 2:00-2:15	24 Calm Meditation: 9:00-9:20	25 Discover the Power of Nutrition: 10:00-10:15 The Space Between Beats: 4:00-4:15	26 Body Weight Exercises: 11:30-11:50 Balance Exercises: 4:00-4:15	27 Full Body Stretch: 10:00-10:20
30	31 Calm Meditation: 9:00-9:20 Food Demo: Salt & Vinegar Roasted Edamame: 1:30-1:45			

CLASS DESCRIPTIONS

Sign into your wellness portal using the username and password that you created or choose "Sign-Up" to create an account.

This is how you sign-up for all events listed above.

Live Well-Being Classes

If you've been looking for ways to improve your physical health, sign-up for one of these LIVE virtual classes. Ranges from 15-20 minutes. Sign-Up for these events and fill out the required waiver in your wellness portal!

Presentations/Programs

Check out your wellness portal for class descriptions and to sign-up for these events!

Presentations/Programs listed in orange are presented by a Registered Dietitian Nutritionist (RDN).