

# Wellness Wednesdays @UMBC

MONTHLY WELLNESS OPPORTUNITIES FOR FACULTY & STAFF

Join colleagues 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!

JANUARY 4, 2017	Rock Your Resolutions at the RAC
FEBRUARY 1, 2017	Your Healthy Heart
MARCH 1, 2017	Self-Defense Essentials
APRIL 5, 2017	Weekend Meal Prep Warrior
MAY 3, 2017	Self-Care Strategies for Mental and Emotional Health
JUNE 7, 2017	Staying Safe at Home and in the Workplace

FOR SESSION DETAILS AND TO REGISTER, VISIT  
[WWW.UMBC.EDU/TRAINING](http://WWW.UMBC.EDU/TRAINING)