

# 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 ***Seated Yoga and Meditation***
- OCTOBER 7, 2015 ***Know Your Numbers for Optimum Health & Cardio Fitness Condition***
- NOVEMBER 4, 2015 ***Nutrition Essentials***
- DECEMBER 2, 2015 ***HAPP Student Wellness Presentations***
- JANUARY 6, 2016 ***Fitting Exercise Into the Workday***
- FEBRUARY 3, 2016 ***Know Your Numbers for Optimum Health & Cardio Fitness Condition***
- MARCH 2, 2016 ***Self-Defense Essentials***
- APRIL 6, 2016 ***Cooking with Chef Kevin Werner - Fresh Farmers Market Demo***
- MAY 4, 2016 ***Ergonomics: Creating a Productive Workstation***
- JUNE 1, 2015 ***Seated Yoga and Myofascial Release***

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