

Wellness Wednesdays @UMBC

MONTHLY WELLNESS OPPORTUNITIES FOR FACULTY & STAFF

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

SEPTEMBER 6, 2017 Stay Young with Yoga

OCTOBER 4, 2017 Self-Defense Essentials

NOVEMBER 1, 2017 Healthy Eating and Disease Prevention

DECEMBER 6, 2017 Get Financially Fit for the New Year

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