












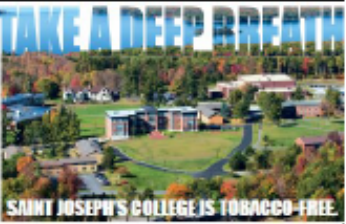


March 2016 Wellness Calendar

Mon	Tue	Wed	Thu	Fri										
<p>SJC Mini Triathlon is March 2nd. Swim 20 mins. Bike 20 mins. Walk/Run 20 mins.</p>    <p>Sign up as a team of 3 or as an individual!</p> <p>Jump into spring by trying out a fitness class! We offer something everyday! First class you try is FREE. \$3.00 to drop in after that or purchase a punch card 10 classes for \$25.00</p>			<p>2 CIGNA EAP presents: Civility and Respect at Work 2pm Webinar</p> <p> Positive Pound weigh in</p>	<p>Move & Improve</p> <p>Sign up today @ www.moveandimprove.org - select SJC as your worksite and choose your physical activity goal! Watch your minutes add up fast—have your spouse and children join as well and make it a fun family competition! Last day to sign up for this program is March 24th. The program runs until May 21st. You do not have to work on campus to participate. For more information contact Jenna at wellness@sjcme.edu</p> <p></p>										
<table border="1"> <thead> <tr> <th>Mondays</th> <th>Tuesdays</th> <th>Wednesdays</th> <th>Thursdays</th> <th>Fridays</th> </tr> </thead> <tbody> <tr> <td>Yogalates @ Noon</td> <td>Muscle Camp @ Noon</td> <td>Back on Track @ Noon Yogalates @ 5:00pm</td> <td>Muscle Camp @ Noon Tai Chi @ 1:00pm</td> <td>Zumba @ Noon</td> </tr> </tbody> </table>			Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Yogalates @ Noon	Muscle Camp @ Noon	Back on Track @ Noon Yogalates @ 5:00pm	Muscle Camp @ Noon Tai Chi @ 1:00pm	Zumba @ Noon	<p>17 Eat Right For Life Session 1 out of 5 Presented by senior Health and Wellness major Liz Elcock 1-1:30pm Hall of Fame room</p> <p></p>	<p>JEANS DAY! All proceeds will go to Catherine's Cupboard.</p> 
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<p>21 Understanding Cognitive Loss: Basics for Family Caregivers 4:30pm-6:30pm Hall of Fame room Presented by Southern Maine Agency on Aging</p> <p></p>	<p>22 Healthy Sleep Habits Lunch & Learn presented by senior Health and Wellness major Lauren Worrell 11am-11:45am Hall of Fame</p> <p></p>	<p> Positive Pound weigh in</p>	<p>24 Eat Right For Life Session 2 out of 5 Presented by senior Health and Wellness major Liz Elcock 1-1:30pm Hall of Fame room</p> <p></p>	<p>25 Good Friday</p> 										
<p>23 10 Minute Chair Massages will be held this month on March 18th from 11-2pm and March 29th from 2-5pm. Email wellness@sjcme.edu if you would like to reserve a spot!</p>			<p>30 Forgiveness: The Best Thing You Can Do for Yourself Multi Faith room at Noon</p> <p> Positive Pound weigh in</p>	<p>31 Eat Right For Life Session 3 out of 5 Presented by senior Health and Wellness major Liz Elcock 1-1:30pm Hall of Fame room</p> <p>TAKE A DEEP BREATH  SAINT JOSEPH'S COLLEGE IS TOBACCO-FREE.</p>										