

2018-2019 Agenda of Activities

# HEALTH AND WELLNESS CENTER



2018  
September

**BACK TO SCHOOL**  
**HEALTHY AGING MONTH**

2018  
October

**FIT-A-THON**  
**GREEN RIBBON DAY**  
**WORLD OBESITY DAY**

2018  
November

**WELLNESS PLAN DURING AUBHEALTH IMPLEMENTATION**  
**WORLD DIABETES DAY**

2018  
December

**HEALTHY HOLIDAYS**  
**FIRST AID TRAINING**

2019  
January

**JOURNEY TO A NEW YOU**  
**MINDFULNESS WORKSHOP**

2019  
February

**WORLD CANCER DAY**  
**MINDFULNESS-BASED STRESS REDUCTION COURSE**

2019  
March

**MOTHER'S DAY**  
**DEPARTMENTS PLAY FOR HEALTH**

2019  
April

**WELLNESS FAIR**  
**TEEN HEALTH WEEK**

2019  
May

**WORLD NO TOBACCO DAY**  
**WELLNESS RETREAT**  
**WORLD FAMILY DOCTOR DAY**

2019  
June

**HEALTH AND SAFE SUMMER VIBES**  
**FIRST AID TRAINING**

## ALL YEAR-ROUND WELLNESS CLASSES

- Yoga: every Tuesday 5:30 pm - 7:00 pm
- Mindfulness Meditation: every Monday 6:00 pm - 7:30 pm
- Tai Chi: every Thursday 5:30 pm - 7:00 pm
- Free Aerobics Class: every Monday and Thursday 5:00 pm - 6:00 pm