Wellness Wednesdays

12:10 P.M. - 12:50 P.M. VIA ZOOM

MEETING URL: MINNSTATE.ZOOM.US/J/94370120340
MEETING ID: 943 7012 0340    PASSCODE: WELLNESS

WE invite YOU TO TAKE TIME AND FOCUS ON YOUR wellbeing EACH WEDNESDAY DURING A GUIDED ZOOM SESSION.

MARCH 3RD    Effective Exercises TO DO IN CLASS
- BY JOSUE LEOS OF INTEGRATIVE MASSAGE & REHAB

MARCH 10TH    Mindful Eating
- BY U OF M EXTENSION

MARCH 17TH    Sexual Health
- BY JADE MOORSE

MARCH 24TH    Shopping on a Budget
- BY U OF M EXTENSION

MARCH 31ST    Cooking on a Budget
- BY U OF M EXTENSION

APRIL 7TH    Woodsy Women
- NICOLE ZEMPEL & LINDA PESCH

APRIL 14TH

APRIL 21ST    Breathe
- SUMMER BREAK IS NEAR
- BY RACHEL COX RAVERTY

There will be a SIGN-UP sheet at each campus Student Services area for students to sign up for participation at the campus so we can insure proper social distancing.

MINNESOTA WEST COMMUNITY & TECHNICAL COLLEGE
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