

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

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*
AND THE SEARCH FOR YOUR SOULFUL PLACE
- NICOLE ZEMPEL & LINDA PESCH

APRIL 14TH *to be determined*

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

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

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.



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