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
- By Josue Leos of Integrative Massage & Rehab

**MARCH 10TH**  Mindful Eating
- By U of M Extension

**MARCH 17TH**  Sexual Health
- By Jade Moore

**MARCH 24TH**  Shopping on a Budget
- By U of M Extension

**MARCH 31ST**  Cooking on a Budget
- By U of M Extension

**APRIL 7TH**  Magician & Comedian
- By Noah, GL Berg Entertainment

**APRIL 14TH**  Woodsy Women
- By Nicole Zempe & Linda Pesch

**APRIL 21ST**  Breathe
- 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 ensure proper social distancing.

**WE INVITE YOU TO TAKE TIME AND FOCUS ON YOUR WELLBEING EACH WEDNESDAY DURING A GUIDED ZOOM SESSION.**

We invite you to take time and focus on your wellbeing each Wednesday during a guided Zoom session.

To do in class:
- By Josue Leos of Integrative Massage & Rehab
- By U of M Extension
- By Rachel Cox Raverty

- By U of M Extension
- By U of M Extension

Summer Break is near
- By Nicole Zempe & Linda Pesch
- By Noah, GL Berg Entertainment

Community & Technical College
www.mnwest.edu • 800-658-2330