

April 2018



Wellness Council
MONROE COMMUNITY COLLEGE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 National Public Health Week	2 Spring Recess 🌸	3 Spring Recess ✨	4 Spring Recess 🌻	5 Spring Recess 🌸	6 Spring Recess 🌺	7 World Health Day
8	9	10 National Youth HIV and AIDS Awareness Day	11	12	13	14 Rochester Heart Walk & Run at Frontier Field Join TeamMCC!
15	16 National Donate Life Month	17	18	19	20	21
22 Earth Day	23 Sodium Savvy Workshop DC Rm 320A 12-1 pm MCC Retirement Plans Info Session 12-1 pm 1-2 pm	24	25 Random Acts of Kindness Day Brighton & Downtown Campuses	26	27	28
29	30	World Immunization Week				

For more information on any events contact us at:

MCCWellness@monroecc.edu

<https://www.facebook.com/groups/MCCWellnessCouncil>