

**Are you looking for a way to
relieve stress & have a little fun
during your lunch hour?**

“WORK IT WEEKDAYS”



30-MINUTE FUN, FILLED WORKOUT & LINE DANCING

TUESDAYS @ 12PM

MCC DOWNTOWN CAMPUS

2ND FLOOR, ROOM 250

All Faculty, Staff & Students are welcome!!

For more information please contact: Kim Nixon @ 685.6187

Email: knixon2@monroecc.edu

Sponsored by: Heather A. Cruz, AVP DC Student Services



Wellness Council
MONROE COMMUNITY COLLEGE