

February 2020

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
<p><u>Making the Most Out of Your Health Plan</u> 12:00 – 1:00 pm DC, Room 400</p> <p><u>Cardio Bootcamp</u> 1:00 pm – 1:50 pm BC, 10-143</p> <p><u>Monday Motivation:</u> A Sunday well spent brings a week of content.</p>	<p><u>Financial Empowerment Center</u> DC, Student Engagement Center</p> <p><u>Tasty Tuesday</u> Greek Chicken Orzo Power Bowls</p>	<p><u>Cardio Resistance Training</u> 8:15 am – 9:15 am BC, 10-143</p> <p><u>Wellness Wednesday:</u> Create a mood boosting playlist</p>	<p><u>Thursday Trivia:</u> The king of hearts is the only king in a deck of cards without a mustache.</p>	<p><u>Go RED for Women</u> 11:30 am – 1:30 am PRISM</p> <p><u>Family Friday:</u> DIY Valentines Crafts 1:00 – 4:00 pm Central Library</p>
10	11	12	13	14
<p><u>Cardio Bootcamp</u> 1:00 pm – 1:50 pm BC, 10-143</p> <p><u>Monday Motivation:</u> Optimist – Someone who figures that taking a step backward after taking a step forward is not a disaster, it's the cha-cha. – Robert Brault</p>	<p><u>DISC Model: Tool to Increase Emotional Intelligence</u> 3:00 pm – 4:00 pm BC, Room TBD</p> <p><u>Tasty Tuesday</u> Slow Cooker Sausage, Spinach, and White Bean Soup</p>	<p><u>Cardio Resistance Training</u> 8:15 am – 9:15 am BC, 10-143</p> <p><u>Wellness Wednesday:</u> Practice saying no today</p>	<p><u>Thursday Trivia:</u> There are 293 ways to make change for a dollar.</p>	<p><u>DISC Model: Tool to Increase Emotional Intelligence</u> 3:00 pm – 4:00 pm DC, Room TBD</p> <p><u>Family Friday:</u> Family Ice Skating Saturday, 1:00 – 3:00 pm RIT <i>(sponsored by MCC Wellness Council)</i></p>
17	18	19	20	21
<p><u>Cardio Bootcamp</u> 1:00 pm – 1:50 pm BC, 10-143</p> <p><u>Monday Motivation:</u> Strive not to be a success, but rather to be of value. – Albert Einstein</p>	<p><u>Financial Empowerment</u> 12:00 pm – 1:00 pm BC, Room TBD</p> <p><u>Tasty Tuesday</u> Mexican Quinoa Stuffed Peppers</p>	<p><u>Cardio Resistance Training</u> 8:15 am – 9:15 am BC, 10-143</p> <p><u>Wellness Wednesday:</u> Try a breathing exercise</p>	<p><u>Financial Empowerment</u> 12:00 pm – 1:00 pm DC, Room TBD</p> <p><u>Thursday Trivia:</u> The IKEA catalog is the most widely printed book in history. With more than 200 million copies printed every year, the catalog surpasses the Bible and Harry Potter series.</p>	<p><u>Family Friday:</u> Owl Prowl Friday and Saturday, 7pm Wild Wings</p>
24	25	26	27	28
<p><u>Cardio Bootcamp</u> 1:00 pm – 1:50 pm BC, 10-143</p> <p><u>Monday Motivation:</u> You cannot find peace by avoiding life. – Virginia Woolf</p>	<p><u>Using the DISC Lens to Enhance Professional Development</u> 12:00 pm – 2:00 pm BC, Room TBD</p> <p><u>Tasty Tuesday</u> Baked Mozzarella Chicken Rolls</p>	<p><u>Cardio Resistance Training</u> 8:15 am – 9:15 am BC, 10-143</p> <p><u>Wellness Wednesday:</u> Do a favor for a friend</p>	<p><u>Using the DISC Lens to Enhance Professional Development</u> 12:00 pm – 2:00 pm BC, Room TBD</p> <p><u>Thursday Trivia:</u> Minnie Mouse's full name is Minerva Mouse.</p>	<p><u>Family Friday:</u> Saturday Snowshoeing Helmer Nature Center</p>



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