



Wellness Council

MONROE COMMUNITY COLLEGE

Contact the Wellness Council at:
MCCWellness@monroec.edu

Join the Wellness Council's Facebook page:
<https://www.facebook.com/groups/MCCWellnessCouncil>



October 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 <i>PIYO</i> 5:05p-6:05p BC Rm. 10-143	2	3	4	5 	6
7 Fire Prevention Week 	8 <i>PIYO</i> 5:05p-6:05p BC Rm. 10-143 Walk & Bike to School Week	9	10 Self-Care Workshop 12:00 – 12:50 pm Downtown Campus & Video Streamed to Brighton	11 International Day of the Girl	12 	13
14	15 <i>PIYO</i> 5:05p-6:05p BC Rm. 10-143	16 Bone & Joint Health Action Week National Health Education Week	17 NYS Bicycle Coalition Presentation 12:00 - 1:00 pm Brighton Campus	18	19 	20
21	22 <i>PIYO</i> 5:05p-6:05p BC Rm. 10-143	23	24 NYS Bicycle Coalition Presentation 12:00 - 1:00 pm Downtown Campus	25	26 	27
28	29 <i>PIYO</i> 5:05p-6:05p BC Rm. 10-143	30	31 HAPPY HALLOWEEN			

