

March 2020

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: right;">2</p> <p>Cardio Bootcamp 1:00 pm – 1:50 pm BC, 10-143</p> <p>Monday Motivation: Strive not to be a success but to be a value – Albert Einstein</p>	<p style="text-align: right;">3</p> <p>Cardio Resistance Training 12:30 pm – 1:30 pm BC, 10-143</p> <p>Tasty Tuesday Irish Tacos</p>	<p style="text-align: right;">4</p> <p>Cardio Resistance Training 8:15 am – 9:15 am BC, 10-143</p> <p>Meditation with Mike 12:00 pm – 1:00 pm Downtown Campus, Room 250</p> <p>Refocusing your life- Managing Distractions & Saving Time 3:00 – 4:00 pm Brighton Campus</p> <p>Wellness Wednesday: Do a hobby this week</p>	<p style="text-align: right;">5</p> <p>Cardio Resistance Training 12:30 pm – 1:30 pm BC, 10-143</p> <p>Refocusing your life- Managing Distractions & Saving Time 3:00 – 4:00 pm Downtown Campus</p> <p>Thursday Trivia: The 100 folds in a chef's hat represent 100 ways to cook an egg</p>	<p style="text-align: right;">6</p> <p>Family Friday: 6x6 Make Art Day Rochester Contemporary Art Center</p>
<p style="text-align: right;">9</p> <p>Cardio Bootcamp 1:00 pm – 1:50 pm BC, 10-143</p> <p>Monday Motivation: Today me will live in the moment unless it is unpleasant in which case me will eat a cookie – The Cookie Monster</p>	<p style="text-align: right;">10</p> <p>Cardio Resistance Training 12:30 pm – 1:30 pm BC, 10-143</p> <p>Therapy Dogs 12:30 pm – 1:30 pm BC, Library</p> <p>Tasty Tuesday Instant Pot Irish Stew</p>	<p style="text-align: right;">11</p> <p>Cardio Resistance Training 8:15 am – 9:15 am BC, 10-143</p> <p>Wellness Wednesday: Watch something that will make you laugh</p>	<p style="text-align: right;">12</p> <p>Cardio Resistance Training 12:30 pm – 1:30 pm BC, 10-143</p> <p>Thursday Trivia: The unicorn is the national animal of Scotland</p>	<p style="text-align: right;">13</p> <p>Family Friday: Jack Hanna's Into the Wild Live Saturday, 3/14 7:00pm Kodak Center</p>
<p style="text-align: right;">16</p> <p>Advanced Care Directives 12:00 pm – 1:00 pm Brighton Campus</p> <p>Cardio Bootcamp 1:00 pm – 1:50 pm BC, 10-143</p> <p>Monday Motivation: Be happy, Be Bright, Be You</p>	<p style="text-align: right;">17</p> <p>Financial Empowerment Series 12:00 – 1:00 pm Brighton Campus</p> <p>Cardio Resistance Training 12:30 pm – 1:30 pm BC, 10-143</p> <p>Tasty Tuesday Chicken Bacon Cabbage Skillet</p>	<p style="text-align: right;">18</p> <p>Advanced Care Directives 12:00 pm – 1:00 pm Downtown Campus</p> <p>Cardio Resistance Training 8:15 am – 9:15 am BC, 10-143</p> <p>Wellness Wednesday: Fix something that has been broken</p>	<p style="text-align: right;">19</p> <p>Financial Empowerment Series 12:00 – 1:00 pm Brighton Campus</p> <p>Cardio Resistance Training 12:30 pm – 1:30 pm BC, 10-143</p> <p>Thursday Trivia: The largest known living organism is an aspen grove</p>	<p style="text-align: right;">20</p> <p>Family Friday: Hello Dolly Auditorium Center</p>
<p style="text-align: right;">23</p> <p>Cardio Bootcamp 1:00 pm – 1:50 pm BC, 10-143</p> <p>Monday Motivation: Don't let anyone dull your sparkle</p>	<p style="text-align: right;">24</p> <p>Cardio Resistance Training 12:30 pm – 1:30 pm BC, 10-143</p> <p>Tasty Tuesday Baked Garlic Cauliflower Mash</p>	<p style="text-align: right;">25</p> <p>Cardio Resistance Training 8:15 am – 9:15 am BC, 10-143</p> <p>Wellness Wednesday: Set a reminder for a daily walk</p>	<p style="text-align: right;">26</p> <p>Cardio Resistance Training 12:30 pm – 1:30 pm BC, 10-143</p> <p>Thursday Trivia: You can hear a blue whale's heartbeat from more than 2 miles away</p>	<p style="text-align: right;">27</p> <p>Family Friday: Disney's Frozen, Jr. Sunday, March 29 STAGES</p>

Email Us: MCCWellness@monroecc.edu
 Facebook: MCC Wellness Council
 MCC Lib Guide: <http://libguides.monroecc.edu/wellness>