

September 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: right;">2</p> <p>Labor Day College Closed</p>	<p style="text-align: right;">3</p> <p>Work It Weekdays Noon - 12:30 pm Downtown Campus, Room 250</p> <p>Insanity Fitness Group 4:00 - 5:00pm Downtown Campus</p> <p>Tasty Tuesday Hummus Flatbread with Sun-Dried Tomatoes & Pesto</p>	<p style="text-align: right;">4</p> <p>Wellness Wednesday: U.S. Adults consume an average of 22 tsp. of sugar per day, more than 3x the recommended amount.</p> <p>What are some ways you can lower your sugar intake?</p>	<p style="text-align: right;">5</p> <p>Emotional Wellbeing Brown Bag Noon - 12:50 pm Empire Room</p> <p>Insanity Fitness Group 4:00 - 5:00pm Downtown Campus</p> <p>Thursday Trivia: Writing things out by hand will help you remember them.</p>	<p style="text-align: right;">6</p> <p>Meditation Session Noon - 12:50 pm Brighton Campus, 9-152</p> <p>Feel Good Friday: Eat lunch with a co-worker today</p>
<p style="text-align: right;">9</p> <p>Monday Motivation: One of the secrets of life is to make stepping stones out of stumbling blocks. – Jack Penn</p>	<p style="text-align: right;">10</p> <p>Work It Weekdays Noon - 12:30 pm Downtown Campus , Room 250</p> <p>Insanity Fitness Group 4:00 - 5:00pm Downtown Campus</p> <p>Tasty Tuesday Salmon & Asparagus Foil Packs</p>	<p style="text-align: right;">11</p> <p>Wellness Wednesday: Add nutrient-dense foods like dark leafy greens, lean protein, and whole grains to your diet for more energy throughout the day.</p>	<p style="text-align: right;">12</p> <p>Insanity Fitness Group 4:00 - 5:00pm Downtown Campus</p> <p>Thursday Trivia: Laughing can increase blood flow by 20%</p>	<p style="text-align: right;">13</p> <p>Meditation Session Noon - 12:50 pm Brighton Campus, 9-152</p> <p>Feel Good Friday: Take a hike with a friend this weekend and notice the fall foliage.</p>
<p style="text-align: right;">16</p> <p>PiYo 5 – 6:00 pm Brighton Campus, Dance Studio</p> <p>Monday Motivation: What will I pay attention to today? Is what I am focusing on moving my life forward in some way?</p>	<p style="text-align: right;">17</p> <p>Work It Weekdays Noon - 12:30 pm Downtown Campus , Room 250</p> <p>Insanity Fitness Group 4:00 - 5:00pm Downtown Campus</p> <p>Tasty Tuesday Garlic Butter Turkey Meatballs with Lemon Zucchini Noodles</p>	<p style="text-align: right;">18</p> <p>Wellness Wednesday: Reaching for that afternoon cup of coffee can impair your sleep later. Finish your last cup of coffee no later than 6 hours before bedtime.</p>	<p style="text-align: right;">19</p> <p>Insanity Fitness Group 4:00 - 5:00pm Downtown Campus</p> <p>Thursday Trivia: Reading can lower levels of unhealthy stress hormones.</p> <p>National Healthy Lunch Day</p>	<p style="text-align: right;">20</p> <p>Meditation Session Noon - 12:50 pm Brighton Campus, 9-152</p> <p>Feel Good Friday: Check in with yourself. Are you happy, sad, tired, or stressed? Practice some self-care before the weekend begins.</p>
<p style="text-align: right;">23</p> <p>PiYo 5 – 6:00 pm Brighton Campus, Dance Studio</p> <p>Monday Motivation: Without dreams and goals there is no living, only merely existing, and that is not why we are here. – Mark Twain</p>	<p style="text-align: right;">24</p> <p>Work It Weekdays Noon - 12:30 pm Downtown Campus , Room 250</p> <p>Insanity Fitness Group 4:00 - 5:00pm Downtown Campus</p> <p>Tasty Tuesday Avocado Salad</p>	<p style="text-align: right;">25</p> <p>Emotional Wellness 2.0 12 – 1:00 pm Downtown Campus, Room 352</p> <p>Wellness Wednesday: Pumpkins are rich in antioxidants and vitamin A. Try adding this fall favorite to your next meal.</p>	<p style="text-align: right;">26</p> <p>Insanity Fitness Group 4:00 - 5:00pm Downtown Campus</p> <p>Thursday Trivia: Smelling Rosemary can increase alertness and improve memory</p>	<p style="text-align: right;">27</p> <p>Meditation Session Noon - 12:50 pm Brighton Campus, 9-152</p> <p>Feel Good Friday: Spend an hour this weekend going through your closet and donate your items to a local shelter.</p>
<p style="text-align: right;">30</p> <p>PiYo 5 – 6:00 pm Brighton Campus, Dance Studio</p> <p>Monday Motivation: Where focus goes, energy flows</p>	<p>Fruit and Veggies: More Matters Month</p> <p>National Yoga Awareness Month</p>		<p>Join the Wellness Council's Facebook Page: www.facebook.com/groups/MCCWellnessCouncil</p> <p>Email us at: MCCWellness@monroecc.edu</p>	