



# Wellness Council

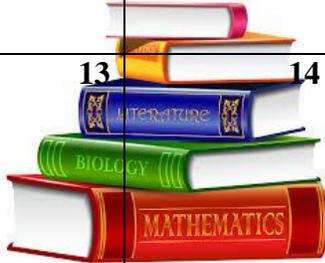
MONROE COMMUNITY COLLEGE



Contact the Wellness Council at:  
MCCWellness@monroecc.edu

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

# September 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <b>Welcome Back!</b>						1
<b>Fruits &amp; Veggies- More Matters Month!</b>						
<b>National Yoga Awareness Month!</b>						
2	3 <b>Labor Day College Closed</b>	4 <b>No Classes College Open</b>	5	6	7	8
9	10 <i>PIYO 5:05p-6:05p BC Rm. 10-143</i>	11	12 <i>Wellness Resource Day Brighton &amp; Downtown 11:00 am – 2:00 pm</i>			15
16	17 <i>PIYO 5:05p-6:05p BC Rm. 10-143</i>	18	19 <b>National Healthy Lunch Day!</b> Presented by the American Diabetes Assoc.	20 <i>Lattimore Fitness Open House Bill Gray's Regional Iceplex 4:00p – 6:00p</i>	21	22 
23	24 <i>PIYO 5:05p-6:05p BC Rm. 10-143</i>	25	26	27 <b>National Women's Health &amp; Fitness Day!</b>	28	29 <b>World Heart Day!</b>
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