

The Event of the Year is Almost Here!

The MCC Wellness Council's

Health and Wellness Day

Wednesday, June 5, 2019

You're invited to relax, learn, and have some fun with the MCC Wellness Council for all or some of the day's events.

RSVP required by Thursday, May 30, for breakfast and keynote only:

MCCWellness@monroecc.edu

- 8:30 – 9 a.m.** Free, hot breakfast and sign-in (Monroe A & B)
(Co-sponsored by the SSPC)
- 9 – 10 a.m.** Keynote address on the topic of Emotional Wellbeing
- Aubrey Zamiara, Director, MCC Counseling Center and Disability Services
 - Kristen Lowe, Director, MCC Human Resources
- 10:10 – 10:30 & 10:35 – 10:55 a.m.** Breakout sessions focusing on easy, fun ways to relax and take care of yourself
- 11 a.m. – 1 p.m.** Field Day! (Grassy area between Lot P and the pond)
Featuring free lunch, popcorn, ice cream, activities, vendors, giveaways, and prize drawings



Wellness Council

MONROE COMMUNITY COLLEGE

**Mark your calendar –
You don't want to miss this event!**