



WELLNESS COUNCIL
NEWSLETTER
SEPTEMBER 30, 2020
VOLUME 1

it's a good week to have a good week



COBB SALAD DIP

FRESH, DELICIOUS,
AND PERFECT FOR
YOUR FOOTBALL
PARTIES

70% OF YOUR SEROTONIN IS MADE IN YOUR GUT. WHAT IS GOING ON IN YOUR GUT IS GOING TO AFFECT YOUR MOOD— ANXIETY, DEPRESSION AND FOCUS.



REINDEER LOVE TO EAT BANANAS

TAKE A TRIP OUT TO THE VINTAGE DRIVE-IN MOVIE THEATER WITH THE FAMILY THIS WEEKEND

TUESDAY: MEDITATION SESSION W/ DONNA BURKE
THURSDAY: STRENGTH TRAINING W/ POWER TRAIN
FRIDAY: MANAGING DISTRACTIONS WHILE WORKING FROM HOME

JOIN OUR WELLNESS COUNCIL DISTRIBUTION LIST AT: MCCWELLNESSCOUNCIL@MONROECC.EDU
LIKE US ON FACEBOOK: MCCWELLNESSCOUNCIL