



# Wellness Council

MONROE COMMUNITY COLLEGE

## FITNESS FACILITIES OPEN HOUSE

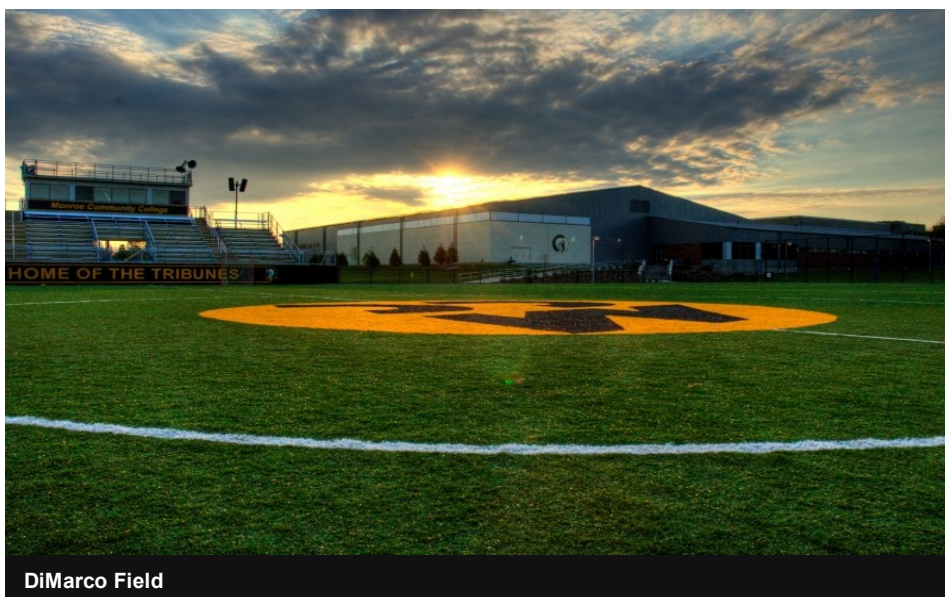
Fall 2016

### Fitness Class, Recreation, Fitness Center, PAC Track, Racquetball Courts....and more!

MCC offers a wide variety of fitness activities FREE to employees. Please join the Wellness Council for a tour of the facilities at the Brighton Campus that are open and available to you!

#### THURSDAY OCTOBER 8th, 4pm, PAC Lobby

Meet in the PAC Lobby for a guided tour. Bring your workout clothes with you and after the tour, try out the facilities: The PAC Fitness Center, Human Performance Lab (HPL), and PAC Track will be open after the tour. Locker rooms and shower facilities are available.



DiMarco Field

#### Our vision:

1. Participation support of community-based organizations that promote wellness.
2. Education of employees through wellness-related programs, activities and information.
3. Increasing awareness in the College community of the purpose and vision of the Wellness Program at MCC.
4. Empowering individuals to take responsibility for their own health
5. Increased College participation

**First 25  
Attendees  
receive a  
FREE  
Tribunes  
water bottle!**