



Wellness Council

MONROE COMMUNITY COLLEGE



September 2016

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|---|--|--|-----------|---|
| Fruit & Veggies- More Matters Month | Nat'l Yoga Awareness Month | | | 1 All College Days 11am-1pm | 2 | 3 |
| 4 | 5 Labor Day College Closed | 6 1 st Day of Fall Semester | 7 Good Food Collective Pick up after 3:45pm Room 3-118 | 8 | 9 | 10 |
| 11 | 12 | 13 | 14 Emotional Wellness Fair Brighton Room 11:30-2:00 Good Food Collective Pick up after 3:45pm Room 3-118 | 15 | 16 | 17 |
| 18 | 19 | 20 | 21 Last Day Good Food Collective Pick up after 3:45pm Room 3-118 | 22 Falls Prevention Awareness Day | 23 | 24 Family Health & Fitness Day USA |
| 25 | 26 | 27 | 28 DCC Emotional Wellness Fair 4 th Fl Atrium 12-2 pm Nat'l Women's Health & Fitness Day | 29 World Heart Day | 30 | |



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<https://www.facebook.com/groups/MCCWellnessCouncil>

