



Wellness Council

MONROE COMMUNITY COLLEGE

FEBRUARY WELLNESS PROGRAMS

2016

February is Heart Health Month!

During American Heart Month, let us recommit to improving our heart health and continuing the fight against heart disease, for ourselves and for our families! Get started today by joining us at one of the programs below.

Take the Stairs Campaign!

Taking the stairs is one more way to be more physically active. Choosing the stairs instead of the elevator is a quick way to add physical activity to your day. Change happens one step at a time!

Feb. 3 and 5: Go RED for Women! Noon—1pm

Wear RED and show your support for the fight against heart disease! February 3, at DCC and February 5, at the Brighton Campus Center Atrium noon—1pm, no RSVP required!

Feb. 9: MetLife, Estate Planning. Noon-1pm, Empire Room.

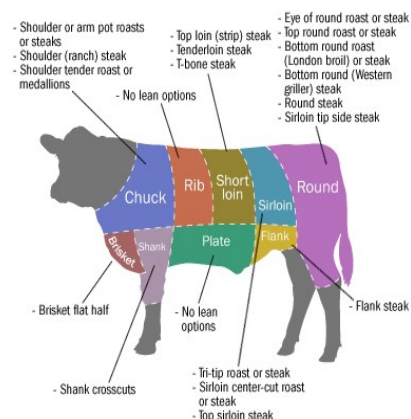
Presented by Lisa Arrington, Esq., learn about setting & prioritizing your goals, managing the potential impact of federal estate taxes, wills, trusts—types & benefits, asset protection for spouses & dependents, and long term care. Pre-registration required at [MetLife PlanSmart](#).

Feb. 10: Adding Flavor to Heart Health— How to create a healthy plate. 3—4pm, Brighton Room

In this healthy beef cooking demonstration, presenter Cindy Chan Phillips, Director of Nutrition Education, NY Beef Council, will cover topics such as: understanding various cuts of meat and how to make healthy choices, sodium control, healthy portions, calorie comparison, and more. Food sampling and prizes! Seating is limited, RSVP required: jfrisch@monroecc.edu.

Feb. 25: MCC Fitness Facilities Video Launch Party! Noon—1pm, PAC Conference Room

MCC Fitness Facilities orientation video launch party! Come see the recently produced video introduction to the MCC Fitness Facilities that are FREE to MCC employees. The first 25 attendees will receive a water bottle. Personal tours of the facility will be available after the video. Popcorn and beverages will be served! RSVP to jfrisch@monroecc.edu.



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