

Wellness Week

April 30 - May 3 at Damon City Campus

Monday 4/30

HEALTH FAIR & DENTAL SCREENINGS

11:00-1:00 • 5th Floor Atrium *Community agencies*

Tuesday 5/1

CHAIR MASSAGES

10:00-10:55 & 11:15-12:10
4th Floor Lounge



WALKING GROUP *Move your body, enjoy camaraderie*
2:30-3:00 • 3rd Floor Atrium

BALLET WORKOUT

3:00-4:00 • Dance Studio 5-267



Wednesday 5/2

HEALTHY LIVING PANEL

& healthy refreshments *Healthy habits affect the quality of your life*
12:00-1:00 • 4th Floor Lounge

Thursday 5/3

CHAIR MASSAGES *De-stress* 😊

10:00-10:55 & 11:15-12:10
4th Floor Lounge



MEDITATION SESSION *Meditating has many positive effects on your health*
2:00-2:30 • Dance Studio 5-267



Sponsored by DCC SEGA – Student Events and Governance Association, Wellness Center, Wellness Committee and Campus Center / Supported by MCC Student Life Fees