



# Wellness Council

MONROE COMMUNITY COLLEGE

## JANUARY WELLNESS PROGRAMS

2016

### Are you setting goals for better health in 2016?

Please join the Wellness Council, January 19, 20, and 21 for health education programs that will help you get 2016 off to a great start! Program details are below and we hope to see you there!

Please RSVP to Julianna Frisch at [jfrisch@monroecc.edu](mailto:jfrisch@monroecc.edu), raffles and prizes at every session!

### Tuesday, Jan. 19: Standing and Chair Yoga for the Office

Wear your most comfortable office attire and join us for an audience-participation demonstration of standing and chair yoga for the office worker. Meg LeBeau will be our guest health presenter. Meg is a Yoga instructor who holds an NASM and Cooper Institute personal trainer certificate as well. Noon—1pm, Brighton Room

### Wednesday, Jan. 20: Quick and Easy Winter Soups

Cook Without a Book, ideas for making quick and easy winter soups. Presented by Michelle Bartell, Chair of the Hospitality Department. Noon—1pm, Hospitality Lab 3-140

### Thursday, Jan. 21: Winter Activities

Looking for something to do this winter? Don't let the cold weather keep you inside! Come learn how to get started with some popular WNY winter activities: snowshoeing, cross country skiing, ice skating and more! Noon—1pm, Brighton Room



Council members and family at Light the Night, East Ave Grocery Run & Homecoming 2015!



This workplace has been recognized by the American Heart Association for meeting criteria for employee wellness.