



AAWCC-MCC Chapter Stress Release and Wellness Fair

Schedule

- 1:30 – 3:30 pm Stress Release and Wellness Information in the Gilman Lounge
(formerly the South Lounge in the Flynn Campus Center)
- 1:30 – 2:00 pm Experience the MCC Labyrinth
(Stabins Physical Education Complex, Dance Studio, 10-143)
Led by Karen Cardillo, Health and Physical Education
- 2:30 – 3:00 pm Ergonomics/Staying Healthy While Working at Your Computer
(Flynn Campus Center, 3-117)
Led by Dr. Joanna H. Tsai, Biology
- 3:00 – 3:30 pm Indoor Wellness Walk
Led by Rosanna Condello, College and Community Relations