

Wellness Activity Calendar

December 2021

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Wind Down Wednesday Outdoor Yoga 5:15 PM – 6:15 PM Library Lawn <i>*Bring your own mat or towel</i>		3 Fall Into Fitness Friday Campus Walking Tour 7:15 AM – 7:45 AM Meet at Veteran's Pavilion on the Library Lawn
6 Mindfulness Monday Intro to Mindfulness 12 PM – 12:20 PM Seidler Hall (SH) 116		8 Wind Down Wednesday Outdoor Yoga 5:15 PM – 6:15 PM Library Lawn <i>*Bring your own mat or towel</i>		10 Fall Into Fitness Friday Campus Walking Tour 7:15 AM – 7:45 AM Meet at Veteran's Pavilion on the Library Lawn
13 Mindfulness Monday Guided Mindfulness 12 PM – 12:30 PM Cohen 213	14 Tuesday Tips Email communication with Mental Health awareness tips and accessible resources for faculty & staff.	15 Wind Down Wednesday Outdoor Yoga 5:15 PM – 6:15 PM Library Lawn <i>*Bring your own mat or towel</i>	16 Lunch & Learn "How the Science of Empathy Can Make You Happy" 12 PM – 1 PM Virtual via <u>TEAMS</u>	17 Fall Into Fitness Friday Campus Walking Tour 7:15 AM – 7:45 AM Meet at Veteran's Pavilion on the Library Lawn
20 Mindfulness Monday Mindfulness & Movement 12 PM – 12:30 PM Merwin 110		22 Wind Down Wednesday Outdoor Yoga 5:15 PM – 6:15 PM Library Lawn <i>*Bring your own mat or towel</i>		24 Christmas Eve
27 FGCU Closed	28 FGCU Closed	29 FGCU Closed	30 FGCU Closed	31 FGCU Closed