

Mindfulness Mondays

November 8th - December 20th
12 PM -12:30 PM

Take a few minutes out of your week to clear your mind and find inner peace.

In these sessions you will learn and practice breathing, body scan, and other easy techniques to improve your productivity and quality of life.

4 different sessions will be offered.

Introduction to Mindfulness

20 minute, instructor led session

*Perfect for beginners

Guided Mindfulness

30 minute, instructor led session



Self-Guided Mindfulness

30 minute, self led session

*Listen to your breaths or your own guided audio

Mindfulness & Movement

15 minutes meditation, 15 minutes stretching

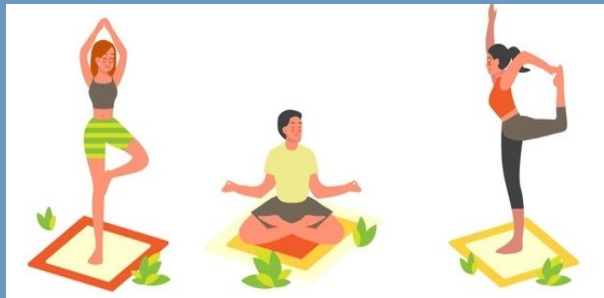
Wind Down Wednesdays

Outdoor Yoga

November 10th - December 22nd
5:30 PM – 6:30 PM
Library Lawn

Wind down and relieve your stress and anxiety during our outdoor yoga session.

All ages and abilities are welcome!



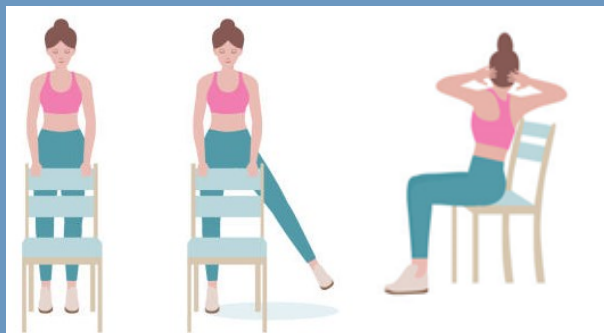
Chair Yoga

November 17th - December 22nd
12 PM -1 PM

Join us for an intimidation-free chair yoga session.

Chair yoga is a gentle form of yoga that can be done at your desk.

All ages and abilities are welcome!



Fall Into Fitness Fridays

November 12th - December 17th
7:15 AM – 7:45 AM

Meet at Veteran's Pavilion on the Library Lawn

Start your morning with some fresh air and a brief walk through our campus.

This 30-minute walk will boost your mood, give you time to practice self care and increase your energy levels.

