

# Employee Wellness Virtual Events


Events that can be done from home or department wellness area

# AUGUST 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 30-Minute Hip Hop Workout (30min)	4 10-Minute Therapy for Anxiety During COVID-19 (10min)	5 20-Minute Full Body Workout (20min)	6 Yoga   Gentle Flow (30min)	7 30-Minute Latin Cardio Dance Workout (30min)
10 Loving Kindness Meditation (9min)	11 12:05PM Behavioral Health Resources webinar (40min)	12 Healthy Body Yoga (20min)	13 Yoga   Gentle Flow (30min)	14 Yoga   For Vulnerability (35min)
17 12:05PM Behavioral Health Resources webinar (40min)	18 Gentle Pilates   Back Care (30min)	19 Chair Yoga (20min)	20 Full Body Workout (15min)	21 Abs & Core Chair Workout (10min)
24 10-Minute Meditation For Anxiety (10min)	25 Total Body Sculpt (28min)	26 Let Go of Worry and Fear and Cultivate Peace Guided Meditation (20min)	27 Tight Core & Arms Workout (12min)	28 Pure Joy Yoga, Cardio, & Meditation (35min)
29 Low-Impact Dance Grooves (30min)	30 Seated Self Care Stretch (30 min)	31 30-Minute Hip Hop Workout (30min)		

“  
What would it be like if I could accept life - accept this moment - exactly as it is.”

Tara Brach

\*All classes listed above are active links. Classes may be taken from a different date, but support structure during this time.  
 Classes with a tablet/phone icon depicted on the left are live/recorded webinars that can be participated on any device.