

Health & Wellness

BROUGHT
TO YOU BY:
SL&L

The Art of Mindfulness Meditation with Adreyanna- Monday

Instagram LIVE

9/8- 11/10 & 12/1 at 5:30pm

Zumba with Colleen- Tuesday, James Kerney Campus - Trenton, Kerney Hall

Dates: 9/9, 9/23, 10/7, 10/21, 11/4, 11/18, 12/2

11:30am - 12:30pm

Yoga with Tracey - Wednesday

Instagram LIVE

9/10 - 11/12 at 5:30pm

"Stress Buster" Tips with Tracey

Instagram LIVE from 9/2 - 9/5 (Throughout the day)

Be on the lookout for "stress buster" tips to start your first week of classes off right.

Wellness Wednesday

Check out our social media every Wednesday throughout the semester for information focused on habits and practices that contribute to your overall health and wellbeing.

