



# June Wellness

| MON                                                                | TUE                                                           | WED                                               | THU                                                | FRI                                                                        | SAT                  | SUN |
|--------------------------------------------------------------------|---------------------------------------------------------------|---------------------------------------------------|----------------------------------------------------|----------------------------------------------------------------------------|----------------------|-----|
| 01 <u>Chair</u><br><u>Yoga</u><br><u>2pm</u>                       | 02 <u>Laugh for</u><br><u>the Health of</u><br><u>It 12pm</u> | 03 <u>Qigong</u><br><u>w/Donna</u><br><u>11am</u> | 04                                                 | 05 <u>Movement</u><br><u>with Mark</u><br><u>11am</u>                      | 06                   | 07  |
| 08 <u>Chair</u><br><u>Yoga</u><br><u>2pm</u>                       | 09                                                            | 10 <u>Slow Flow</u><br><u>Yoga</u><br><u>11am</u> | 11                                                 | 12 <u>Yoga</u><br><u>Nidra</u><br><u>3pm</u>                               | 13                   | 14  |
| 15 <u>Chair</u><br><u>Yoga</u><br><u>2pm</u>                       | 16 <u>Get</u><br><u>Creative</u><br><u>12pm</u>               | 17                                                | 18 <u>Get Fit</u><br><u>w/Sharon</u><br><u>1pm</u> | 19                                                                         | 20                   | 21  |
| 22 <u>Chair</u><br><u>Yoga w</u><br><u>Sharon R.</u><br><u>2pm</u> | 23 <u>Just</u><br><u>Breathe</u><br><u>12pm</u>               | 24                                                | 25                                                 | 26 <u>Sound</u><br><u>Bath</u><br><u>2pm</u>                               | 27                   | 28  |
| 29 <u>Chair</u><br><u>Yoga</u><br><u>2pm</u>                       | 30 <u>Mindfulness</u><br><u>Meditation</u><br><u>6pm</u>      | 1                                                 | 2                                                  | 3<br><i>Office Closed</i><br><b>all times listed in Eastern Time (EDT)</b> | 4<br><i>July 4th</i> | 5   |