



Buckeye Wellness Upcoming Events

February-March 2024

Group Fitness

Mondays

4:45p Zumba – Wallace Auditorium (OSU East)

Tuesdays

6:15a Vinyasa Yoga – Zoom

11:45a Lunchtime Yoga - Zoom

Thursdays

11:45a Lunchtime Yoga - Zoom

Friday

Noon Zumba - Zoom

Educational Programs

Lunch and Learn

February 23 Noon BRT 115

March 22 Noon BRT 115

Health Athlete

7-wk Series Week of April 25

One Day April 12 8 a.m. to 5 p.m.

Health and Wellness Briefs Podcast

Released every 3 weeks on Apple Podcasts



Visit buckeyewellness.osu.edu

View all health & wellness events at yp4h.osu.edu/events

