<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
</table>
|        | 1 Healthy Monday  
Heart Health | 2 Nutritional Screening at ESM  
9:30-11:30 am  
ESM Student Living Center  
Goergen Athletic Center  
Zumba, 5:30-6:30 pm  
Pilates, 6:30-7:30 pm  
SWARM Training every Monday  
5:00 and 7:00. Pre-register by e-mailingagleichman@uhs.rochester.edu | 3 Healthy Eating Fair at ESM  
11:30-1:30  
ESM Student Living Center  
Heart Healthy Dinner  
5-7:00, ESM Dining Center  
Goergen Athletic Center  
Iyengar Yoga, 6:30-7:30 pm | 4        | 5 Wear Red Day  
American Heart Association  
“Fresh Fruit” Friday  
11-1:00 pm  
Danforth Dining Center  
Basketball: 6:00 pm – Women’s  
8:00 pm – Men’s | 6        |
|        |        |         |           |          |        |          |
| 7      | Basketball:  
12:00 – Women’s  
2:00 pm – Men’s  
Going for Baroque (ESM)  
1:00 and 3:00  
Memorial Art Gallery | 8 Healthy Monday  
Sexual Health  
Cooking Demo at ESM  
5:00-7:00pm, ESM Dining Center  
Goergen Athletic Center  
Zumba, 5:30-6:30 pm  
Pilates, 6:30-7:30 pm | 9 Mental Health Screening at ESM  
11:30-1:30pm  
ESM Student Living Center  
Goergen Athletic Center  
Zumba, 5:30-6:30 pm  
Pilates, 6:30-7:30 pm  
Swim  
5:00-7:00  
Plan your week! | 10 PAWS for Stress Relief at ESM  
11:45-1:15 pm  
ESM Student Living Center  
Goergen Athletic Center  
Iyengar Yoga, 6:30-7:30 pm | 11        | 12 “Add a Fruit” Friday  
9:00-10:00 am  
Douglass Dining Center  
Basketball: 6:00 pm – Women’s  
8:00 pm – Men’s | 13 Men’s Squash, 12:00 |
|        |        |         |           |          |        |          |
| 14     | Valentine’s Day  
Men’s Squash, 12:00  
Basketball:  
12:00 – Women’s  
2:00 pm – Men’s  
Going for Baroque (ESM)  
1:00 and 3:00  
Memorial Art Gallery | 15 Healthy Monday  
Physical Activity  
Exercises to Do in Your Room!  
6:30-7:30 pm, Friel Lounge in Susan B. Anthony Residence Hall  
Goergen Athletic Center  
Zumba, 5:30-6:30 pm  
Pilates, 6:30-7:30 pm | 16 Mini Health Fair at ESM  
11:30-1:30pm  
ESM Student Living Center  
Goergen Athletic Center  
Zumba, 5:30-6:30 pm  
Pilates, 6:30-7:30 pm  
Kickboxing, 6:30-7:30 | 17 Benefits of Sleep at ESM  
11:30-1:30  
ESM Student Living Center  
Heart Healthy Dinner  
5-7:30 pm  
Danforth Dining Center  
Goergen Athletic Center  
Iyengar Yoga, 6:30-7:30 pm | 18        | 19 “POD Pick Me Up” Friday  
2:00-3:00 pm  
The POD in Susan B. Anthony Residence Hall | 20 YMCA After Hours  
9:30-11:00 pm  
YMCA by ESM Student Living Center | 21 National Eating Disorders Awareness Week, February 21-27  
Look for the  
Day Without Mirrors  
on Monday, Feb. 22  
Going for Baroque (ESM)  
1:00 and 3:00  
Memorial Art Gallery | 22 Healthy Monday  
Focus on Sleep  
PAWS for Stress Relief  
6-7:30 pm  
Goergen Athletic Center  
Zumba, 5:30-6:30 pm  
Pilates, 6:30-7:30 pm | 23        | 24 Aromatherapy at ESM  
11:30-1:30pm  
ESM Student Living Center  
Eating Disorders Screening  
5-6:30 pm, Goergen Athletic Center  
Iyengar Yoga, 6:30-7:30 pm | 25 Eating Disorders Screening at ESM, 11-1:30 pm  
ESM Student Living Center  
Film Screening: CinemAbility  
7:00 pm, Dewey 1-101  
Goergen Athletic Center  
Abs of Steel, 5:30-6:30 pm  
Pilates, 6:30-7:30 pm | 26 “Fresh Fruit” Friday at ESM  
11:30-1:30pm  
ESM Student Living Center | 27        | 28 Women’s Tennis, 1:00  
Going for Baroque (ESM)  
1:00 and 3:00  
Memorial Art Gallery | 29 Healthy Monday  
Safe Spring Break  
Every Monday in GAC:  
Zumba, 5:30-6:30 pm  
Pilates, 6:30-7:30 pm  
SWARM Training every Monday  
5:00 and 7:00. Pre-register by e-mailingagleichman@uhs.rochester.edu | 1        | 2 Student Health 101  
March Issue  
Is available today!  
Every Tuesday in GAC:  
Zumba, 5:30-6:30 pm  
Pilates, 6:30-7:30 pm | 3        | 3        | 4        | 5 Spring Break  
starts today!! |