

MARCH

WELL-U CALENDAR
OF EVENTS

KNOW YOUR NUMBERS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26	27	28	1	2	3
					AHA Heart Walk T-Shirt Design Contest Deadline	Pick Up Your BIB Rewards Card 
4	5	6	7	8	9	10
	ASL Yoga Workshop 12-12:50p.m. Helen Wood Hall		UR FARMERS MARKET KICKOFF 2:30-5:30p.m. Flaum Atrium			
11	12	13	14	15	16	17
		Health Bites 12-1p.m. K307	Become a Runner Info Session 5:30-6:30p.m. SRB, Room 1406 FARMERS MARKET Flaum Atrium	Become a Runner Info Session 5:30-6:30p.m. Rochester Running Company Self-Defense Class 12-1pm Eastman School of Music		Take Your Personal Health Assessment 
18	19	20	21	22	23	24
Schedule Your Biometric Screening 	Ready, Set, Train! 12-12:45p.m. 135 Corporate Woods		FARMERS MARKET Flaum Atrium	Live Cooking Demo 11:30a.m.-12:15p.m. Cafe 601	Immune & Mood 12-12:45p.m. SRB, Room 1412	
25	26	27	28	29	30	31
	Working Parents Support Group 12-1p.m. SRB, Room 1404	EAP Supervisor Series, Topic #3 12-1p.m. K207	FARMERS MARKET Flaum Atrium			

KNOW YOUR NUMBERS

- Nutrition -

Do you know how much Nicain and Vitamin B-12 you should be getting each day? Probably not. Chances are, you probably don't even know what they do for your body, so why would you pay attention to how much you're intaking each day?

Nutrition is one of the most important topics, yet most of us know so little about proper nutrition for our bodies. If you want to live a longer and healthier life, dedicate a little time each week to learning about proper nutrition by participating in a lifestyle management program. Eligible individuals may participate in:

- Nutrition Basics
- Nutrition & You

These programs will teach you about the current nutritional guidelines and how to incorpoarte heart-healthy foods into your diet.

FITNESS CLASSES

MONDAY

- * BOOT CAMP • 12:00-12:50PM • SRB PATIO
- ** YOGA FOR CORE • 12:00-1:00PM • RIVER CAMPUS (INTERFAITH)
- ** YOGA • 12:00-1:00PM • AAC AUDITORIUM
- ** ZUMBA • 5:00-5:45PM • O'BRIEN DANCE STUDIO
- * POWER PUMP • 5:15-6:15PM • URCM FITNESS CENTER

THURSDAY

- * BARRE • 11:30-12:15 PM • URCM FITNESS CENTER
- ** YOGA • 12:00-12:50PM • ESM
- ** YOGA • 12:00-12:50PM • HWH • EVARTS LOUNGE
- ** YOGA • 1:00-1:50PM • HWH • EVARTS LOUNGE
- * TURBOKICK • 5:15-6:15PM • URCM FITNESS CENTER

TUESDAY

- * PILATES • 12:00-1:00PM • MAG
- ** YOGA • 12:00-1:00PM • RIVER CAMPUS (INTERFAITH)
- ** YOGA • 12:00-12:50PM • HWH • EVARTS LOUNGE
- ** YOGA • 12:00-12:45PM • COLLEGE TOWN
- ** YOGA • 12:15-1:00PM • STRONG WEST
- * BOOT CAMP • 12:30-1:15PM • URCM FITNESS CENTER
- * WERQ • 5:15-6:05 PM • URCM FITNESS CENTER

FRIDAY

- ** YOGA • 11:00-12:00PM • MT. HOPE FAMILY CENTER
- * YOGA • 11:30-12:25PM • URCM FITNESS CENTER
- * PILATES • 12:30-1:25PM • URCM FITNESS CENTER

WEDNESDAY

- ** YOGA • 12:00-12:45PM • RTP BLDG. 5
- ** YOGA • 12:00-1:00PM • MAG
- ** YOGA • 12:00-1:00PM • 60 CORPORATE WOODS
- ** YOGA • 12:00-1:00PM • RIVER CAMPUS (INTERFAITH)
- ** YOGA • 12:00-1:00 PM • BROOKS LANDING
- ** YOGA • 4:30-5:30PM • BRIGHTON BUSINESS CENTER
- * ZUMBA • 5:30-6:30PM • URCM FITNESS CENTER

* Enroll on the [Well-U Enrollment Page](#)

** Enroll on the [Inward Office Enrollment Page](#)

To enroll in a wellness program, go to totalrewards.rochester.edu

