

AUG

WELL-U CALENDAR
OF EVENTS

REST & RELAXATION

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1	2 FARMERS MARKET Flaum Atrium	3	4	5 Pick Up Your BIB Rewards Card 
World Breastfeeding Week						
6	7	8 Rest & Relaxation Presentation 12-1 p.m. Helen Wood Hall	9 FARMERS MARKET Flaum Atrium	10 Relaxing Recreation 12-1 p.m. College Town Grass	11	12
13 Schedule Your Biometric Screening 	14	15 Guided Relaxation 12:15-12:45 p.m. Live Cooking Demo 11:30 a.m.-12:15 p.m.	16 FARMERS MARKET Flaum Atrium	17	18 Stress Free Zone 12-1 p.m. College Town	19
20	21	22 Become a Runner Info Session 5-5:30 p.m. Rochester Running Company	23 FARMERS MARKET Flaum Atrium	24 Massage Day 10 a.m.-2 p.m. Helen Wood Hall	25	26 Take Your Personal Health Assessment 
27	28 Working Parents Support Group 12:30-1:30 p.m. Helen Wood Hall	29	30 FARMERS MARKET Flaum Atrium	31	1	2

REST & RELAXATION

Relaxing sounds like a simple task, but it can be difficult to turn your brain off and actually get even 5, stress-free minutes.

This month, try a few new relaxation methods:

- Meditate
- Get comfy - put on some sweatpants
- Take slow, deep breaths
- Give yourself a hand massage
- Organize a messy area
- Stretch
- Try aromatherapy
- Cuddle with a pet
- Take a bath
- Deal with your most annoying tasks first
- Keep a gratitude journal
- Take a coloring/doodling break
- Lay in the grass
- Take a power nap
- Eat a healthy meal
- Leave your work at the office

FITNESS CLASSES

MONDAY

- * BOOT CAMP • 12:00-12:50PM • SRB
- ** YOGA • 12:00-1:00PM • RIVER CAMPUS
- ** YOGA • 12:00-1:00PM • AAC AUDITORIUM
- ** ZUMBA • 5:00-6:00PM • RTP BLDG. 5
- ** ZUMBA • 5:30-6:30PM • TODD HALL

THURSDAY

- ** YOGA • 12:00-12:45PM • RTP BLDG. 5
- ** YOGA • 12:00-12:50PM • HWH • EVARTS LOUNGE
- ** YOGA • 1:00-1:50PM • HWH • EVARTS LOUNGE
- * TURBOKICK • 5:15-6:15PM • URMCFITNESS 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
- * BOOT CAMP • 12:30-1:15PM • URMCFITNESS CENTER

FRIDAY

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

WEDNESDAY

- ** YOGA • 12:00-1:00PM • MAG
- * BOOT CAMP • 12:00-12:50PM • SRB
- ** YOGA • 12:00-12:45PM • ESM 603
- ** YOGA • 12:00-1:00PM • RIVER CAMPUS (INTERFAITH)
- ** YOGA • 4:30-5:30PM • BRIGHTON BUSINESS CENTER
- * ZUMBA • 5:30-6:30PM • URMCFITNESS CENTER

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

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

To enroll in a program, go to <http://www.rochester.edu/working/hr/wellness/enroll/>

