

# OCT

WELL-U CALENDAR  
OF EVENTS

# BREAST CANCER AWARENESS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7 Pick Up Your BIB Rewards Card 
8	9	10 Health Bites 12-1 p.m. K307	11 Supervisor Series Topic #2 12:30-1:30 p.m. K307 FARMERS MARKET Flaum Atrium	12	13	14
15 Schedule Your Biometric Screening 	16	17 Guided Relaxation 12:15-12:45 p.m. Rochester Tech Park	18 PAWsitive Attitude 11:30 a.m. - 1:00 p.m. MAG FARMERS MARKET Flaum Atrium	19	20	21
22	23 Working Parents Support Group 12:30-1:30 p.m. Northeastern Room	24 Supervisor Series Topic #3 12-1 p.m. K307	25	26 Self-Defense 12-1 p.m. AAC	27	28 Take Your Personal Health Assessment 
29	30	31	1	2	3	4

## BREAST CANCER AWARENESS

October is National Breast Cancer Awareness Month. Breast Cancer is the most common cancer among American women. Well-U encourages women to receive mammograms regularly, greatly reducing the risk of dying from breast cancer.

### Don't Forget To Get Your Flu Shot!

Well-U Flu Clinic Locations:

- College Town
- Eastside YMCA
- Mt. Hope Family Center
- Rochester Tech Park
- Facilities
- Alumni & Advancement Center
- Healthy Living Center

and many more!

Schedule Appointment

## FITNESS CLASSES

### MONDAY

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

### 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 • URCM FITNESS CENTER

### TUESDAY

- \* PILATES • 12:00-1:00PM • MAG
- \*\* YOGA • 12:00-1:00PM • RIVER CAMPUS (INTERFAITH)
- \*\* YOGA • 12:00-12:45PM • STRONG WEST
- \*\* YOGA • 12:00-12:50PM • HWH • EVARTS LOUNGE
- \*\* YOGA • 12:00-12:45PM • COLLEGE TOWN
- \* BOOT CAMP • 12:30-1:15PM • URCM FITNESS CENTER
- \*\* ZUMBA TONING • 4:30-5:30PM • RTP BLDG. 5

### 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

- \* BOOT CAMP • 12:00-12:50PM • SRB PATIO
- \*\* YOGA • 12:00-1:00PM • MAG
- \*\* YOGA • 12:00-1:00PM • RIVER CAMPUS (INTERFAITH)
- \*\* YOGA • 12:30-1:15PM • ESM 603
- \*\* YOGA • 4:30-5:30PM • BRIGHTON BUSINESS CENTER
- \* ZUMBA • 5:30-6:30PM • URCM FITNESS CENTER

- \* Enroll on [Well-U Enrollment Page](http://rochester.edu/well-u/enroll/) (rochester.edu/well-u/enroll/)
- \*\* Enroll on [Inward Office Enrollment Page](http://inwardoffice.com/uofr) (inwardoffice.com/uofr)

To enroll in a program listed above, go to [www.rochester.edu/well-u/enroll/](http://www.rochester.edu/well-u/enroll/)

