

# JUNE NATIONAL SAFETY MONTH

WELL-U CALENDAR  
OF EVENTS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1	2	3
			<b>FARMERS MARKET</b> Flaum Atrium		<b>Live Cooking Demo</b> 11:30 a.m.-12:15 p.m. Cafe 601	
4	5	6	7	8	9	10
			<b>FARMERS MARKET</b> Flaum Atrium		<b>Runner Safety</b> 12-12:30 p.m. Rochester Running Company	Pick Up Your BIB Rewards Card 
11	12	13	14	15	16	17
Schedule Your Biometric Screening 	<b>Movement for Safety</b> 12-12:45 p.m. Helen Wood Hall	<b>Health Bites</b> 12-1 p.m. K307	<b>Pet Therapy</b> 12-1 p.m. SRB Atrium <b>FARMERS MARKET</b> Flaum Atrium		<b>De-escalation Safety</b> 12-1 p.m. Northeastern Room	
18	19	20	21	22	23	24
		<b>Guided Relaxation</b> 12:15-12:45 p.m. RTP	<b>FARMERS MARKET</b> Saunders Research Building			Take Your Personal Health Assessment 
25	26	27	28	29	30	1
	<b>Pet Therapy</b> 12:00-1:00 p.m. Clinton Crossings <b>Working Mothers Support Group</b> 12:30 - 1:30 p.m.		<b>FARMERS MARKET</b> Flaum Atrium			

## NATIONAL SAFETY MONTH

Safety can take many forms. It can mean wearing a helmet while riding your bicycle, being prepared in case of an attacker, or making sure that you regularly change the batteries in your smoke detector.

Safety is no accident.

Prepare yourself. There are many things that can be done to keep yourself from harm. This month:

- Clean up - don't leave objects on the floor if they are not in use
- Practice ergonomically correct posture while sitting at your desk
- Practice food safety - never thaw meat on the countertop and always wash your vegetables

## FITNESS CLASSES

### MONDAY

- \* BOOT CAMP • 12:00-1:00PM • SRB
- \*\* YOGA • 12:00-1:00PM • RIVER CAMPUS (INTERFAITH)
- \*\* YOGA • 12:00-1:00PM • AAC AUDITORIUM
- \*\* ZUMBA • 5:00-6:00PM • RTP BLDG. 5
- \*\* ZUMBA • 5:30-6:30PM • RIVER CAMPUS (O'BRIEN)

### THURSDAY

- \*\*YOGA • 12:00-12:45PM • STRONG WEST
- \*\* 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 • 12:00-12:50PM • HWH • EVARTS LOUNGE
- \*\* YOGA • 12:00-12:45PM • COLLEGE TOWN
- \* BOOT CAMP • 12:30-1:15PM • 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 • 12:00-1:00PM • MAG
- \* BOOT CAMP • 12:00-1:00PM • 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 • URCM FITNESS 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/>

