### STRESS & SLEEP

Sleep is a necessary human function, allowing our brains to recharge and our bodies to rest. When we do not sleep long or well enough, our bodies do not get the full benefits of sleep, such as muscle repair and memory consolidation. Sleep is so crucial that even slight sleep deprivation or poor sleep can affect memory, judgment and mood.

Stress and sleep directly affect one another, which is likely why you feel more stressed out when you don't get enough sleep, and why you aren't able to sleep well when you are stressed.

This month, make sleep a priority. Even just an extra 30 minutes a night can positively affect your stress levels, ability to focus, and energy.

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### Well-U Calendar of events

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<th>Sunday</th>
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<td>Pick Up Your BIB Rewards Card</td>
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<tr>
<td>Stress &amp; Sleep</td>
<td>Well-U Fitness Class Registration</td>
<td>Why Wait for Weight Loss? 12-12:30 p.m. Louise Slaughter Room</td>
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<tr>
<td>Health Bites</td>
<td>HOLIDAY FARMERS MARKET 2:30-5:30 p.m. Flaura Atrium</td>
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<td>Take Your Personal Health Assessment</td>
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<td>Guided Relaxation 12:15-12:45 p.m. College Town</td>
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<td>Thanksgiving Day</td>
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<td>Working Parents Support Group 12:30-1:30 p.m. Northeastern Room</td>
<td>Supervisor Series Topic #4 12-1 p.m. K307</td>
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<td>Well-U Champion Event 12-1 p.m. SRB</td>
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### FITNESS CLASSES

#### MONDAY
- **Boot Camp** • 12:00-12:15pm • SRB Patio
- **Yoga for Core** • 12:00-1:00pm • River Campus
- **Yoga** • 12:00-1:00pm • AAC Auditorium
- **Power Pump** • 5:15-6:15pm • URMC Fitness Center
- **Zumba** • 5:00-5:45pm • O'Brien Dance Studio

#### TUESDAY
- **Pilates** • 12:00-1:00pm • MAG
- **Yoga** • 12:00-1:00pm • River Campus (Interfaith)
- **Yoga** • 11:00-12:00pm • People's Church Chapel
- **Yoga** • 12:00-12:30pm • Strong West
- **Yoga** • 11:30-12:15pm • URMC Fitness Center
- **Yoga** • 12:00-12:45pm • Flaura Atrium

#### WEDNESDAY
- **Boot Camp** • 12:00-12:15pm • SRB Patio
- **Yoga** • 12:00-1:00pm • MAG
- **Yoga** • 12:00-12:30pm • River Campus (Interfaith)
- **Yoga** • 12:30-1:15pm • SRB
- **Yoga** • 12:00-12:45pm • Strong West
- **Yoga** • 4:30-5:30pm • Brighton Business Center

*Enroll on [Well-U Enrollment Page](http://www.rochester.edu/working/hr/wellness/enroll/)
** Enroll on [Inward Office Enrollment Page](http://www.rochester.edu/working/hr/wellness/enroll/)