### 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!**

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

* Enroll on Well-U Enrollment Page (rochester.edu/well-u/enroll/)
** Enroll on Inward Office Enrollment Page (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/)

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### Well-U Calendar of Events

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<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
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<td><strong>Farmers Market</strong></td>
<td>Flaura Atrium</td>
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<td>Pick Up Your BIB Rewards Card</td>
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<td><strong>Supervisor Series Topic #2</strong></td>
<td>12:30-1:30 p.m. K307</td>
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<td><strong>PAWsite Attitude</strong></td>
<td>11:30 a.m. - 1:00 p.m. MAG</td>
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<tr>
<td><strong>Schedule Your Biometric Screening</strong></td>
<td><strong>Working Parents Support Group</strong></td>
<td>12:30-1:30 p.m. Northeastern Room</td>
<td><strong>Supervisor Series Topic #3</strong></td>
<td>12-1 p.m. K307</td>
<td><strong>Self-Defense</strong></td>
<td>12-1 p.m. AAC</td>
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#### Fitness Classes

**Monday**
- **Boot Camp** • 12:00-1:15p.m. SRB Patio
- **Yoga For Core** • 12:00-1:00p.m. River Campus
- **Power Pump** • 5:15-6:15p.m. URMC Fitness Center
- **Zumba** • 5:00-5:45p.m. O’Brien Dance Studio

**Tuesday**
- **Pilates** • 12:00-1:00p.m. MAG
- **Yoga for Campuses** (Interfaith)
- **Yoga** • 12:00-1:00p.m. Strong West
- **Yoga** • 12:00-1:00p.m. HWV Evarts Lounge
- **Yoga** • 12:00-1:00p.m. College Town
- **Boot Camp** • 12:30-1:15p.m. URMC Fitness Center
- **Zumba Toning** • 4:30-5:30p.m. RTP Bldg. 5

**Wednesday**
- **Boot Camp** • 12:00-1:15p.m. SRB Patio
- **Yoga** • 12:00-1:00p.m. MAG
- **Yoga** • 12:00-1:00p.m. River Campus (Interfaith)
- **Yoga** • 12:30-1:15p.m. ESM 603
- **Yoga** • 4:30-5:30p.m. Brighton Business Center
- **Zumba** • 5:30-6:30p.m. URMC Fitness Center

**Friday**
- **Yoga** • 11:00-12:00p.m. Mt. Hope Family Center
- **Yoga** • 11:30-12:15p.m. URMC Fitness Center
- **Pilates** • 12:30-1:15p.m. URMC Fitness Center

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**Breast Cancer Awareness**

- **Take Your Personal Health Assessment**
- **Schedule Your Biometric Screening**
- **Pick Up Your BIB Rewards Card**
- **Take Your Personal Health Assessment**
- **Schedule Your Biometric Screening**

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**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**