HEALTHY YOU SUMMER OPPORTUNITIES
The Healthy You team is pleased to provide the following opportunities during the summer for faculty and staff.

WEIGHT WATCHERS AT WORK
Weekly meetings each Wednesday, CSC 435, 10:00 – 11:00. A new session starts June 14. For more information, contact Mary Ann Phillips.

FARMERS MARKET
Ward’s Berry Farm Stand is on Centennial Common every Wednesday, June 14 – October 25, 11:00 – 3:00
- Purchase fruits and vegetables, homemade jams and jellies
- Pick-up pre-ordered farm share boxes

YOGA CLASS
Participate in an introductory yoga class taught by Linda Wells:
- Wednesday, June 28, Sacred Space in Ell Hall, 12:00 – 1:00
- Wednesday, July 5, Sacred Space in Ell Hall, 12:00 – 1:00
- Wednesday, July 12, Sacred Space in Ell Hall, 12:00 – 1:00

Click here to sign up for a yoga class.

TAI CHI
Join a Tai Chi class offered by Ben Warner:
– Wednesday, July 19, Sacred Space in Ell Hall, 12:00 – 1:00
– Wednesday, August 2, Sacred Space in Ell Hall, 12:00 – 1:00
– Wednesday, August 16, Sacred Space in Ell Hall, 12:00 – 1:00

Click here to sign up for a tai chi class.

DANCE CLASSES
Explore different dance styles:

– **IRISH STEP**: Thursday, June 15, CSC Dance Studio, 12:00 – 1:00
– **STOMP**: Thursday, June 22, CSC Dance Studio, 12:00 – 1:00
– **BOLLYWOOD**: Thursday, June 29, CSC Dance Studio, 12:00 – 1:00
– **SWING**: Thursday, July 13, CSC Dance Studio, 12:00 – 1:00
– **SALSA**: Thursday, July 20, CSC Dance Studio, 12:00 – 1:00
– **BOLLYWOOD**: Tuesday, July 25, CSC Dance Studio, 12:00 – 1:00
– **STOMP**: Tuesday, August 1, CSC Dance Studio, 12:00 – 1:00
– **SWING**: Tuesday, August 8, CSC Dance Studio, 12:00 – 1:00
– **IRISH STEP**: Tuesday, August 15, CSC Dance Studio, 12:00 – 1:00
– **SALSA**: Tuesday, August 22, CSC Dance Studio, 12:00 – 1:00

Click here to sign up for a dance class.