JCU FIT Wellness Week!

Monday - July 25

8:45 - 9:30 am - Personal Wellness Vision Workshop
LSC O'Dea room
12 noon - Outdoor Yoga with Rashida
Main Quad

Tuesday - July 26

8:30 - 9:00 am - Morning Examine with Fr. Pipp
St. Francis Chapel
5:00 pm - Sound Bowl Workshop
Fitness Room

Wednesday - July 27

12 noon - Recess on the Quad
Main Quad
OR
12 noon - Join Campus Ministry for Yoga and Reflection
Fitness Room

Thursday - July 28

9:00 - 10:00 am - TIAA Presentation: Tomorrow in Focus: saving for your ideal retirement
Rodman A
12 noon - Walking the Track
Football Field Track

Friday - July 29

8:30 - 9:30 am - Coffee Social
LSC Atrium

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