

CSBS SELF-CARE PROGRAM CALENDAR OF EVENTS Spring 2017

in collaboration with the *Institute for Community Health & Wellbeing* and HR

Introducing weekly *Mat Pilates* with Desiree (bring your yoga mat; a few mats available)

DAY / DATE	EVENT	LOCATION	TIME
Tuesday, February 7	Mat Pilates	Whitsett Room (SH 451)	12:30-1:30pm
Wednesday, February 8	Inspiration Café	Whitsett Room (SH 451)	12:30-1:45pm
Monday, February 13	Mindfulness Monday	Santa Susanna 108	12-12:45pm
**Monday, February 13	Mat Pilates	Whitsett Room (SH 451)	12:30-1:30pm
Wednesday, February 15	Walkability Wednesdays	Santa Susanna 108	12-12:45pm
Thursday, February 16	Nutrition	Whitsett Room (SH 451)	12:30-1:30pm
Monday, February 20	Mindfulness Monday	Santa Susanna 108	12-12:45pm
Wednesday, February 22	Walkability Wednesdays	Santa Susanna 108	12-12:45pm
Monday, February 27	Mindfulness Monday	Santa Susanna 108	12-12:45pm
**Monday, February 27	Mat Pilates	Whitsett Room (SH 451)	12:30-1:30pm
Wednesday, March 1	Walkability Wednesdays	Santa Susanna 108	12-12:45pm
Wednesday, March 1	Inspiration Café	Whitsett Room (SH 451)	12:30-1:45pm
Monday, March 6	Mindfulness Monday	Santa Susanna 108	12-12:45pm
Tuesday, March 7	Mat Pilates	Whitsett Room (SH 451)	12:30-1:30pm
Wednesday, March 8	Walkability Wednesdays	Santa Susanna 108	12-12:45pm
Monday, March 13	Mindfulness Monday	Santa Susanna 108	12-12:45pm
**Monday, March 13	Mat Pilates	Whitsett Room (SH 451)	12:30-1:30pm
Wednesday, March 15	Walkability Wednesdays	Santa Susanna 108	12-12:45pm
Thursday, March 16	Nutrition	Whitsett Room (SH 451)	12:30-1:30pm
----- SPRING RECESS -----			
Monday, March 27	Mindfulness Monday	Santa Susanna 108	12-12:45pm
Wednesday, March 29	Walkability Wednesdays	Santa Susanna 108	12-12:45pm
Monday, April 3	Mindfulness Monday	Santa Susanna 108	12-12:45pm
Tuesday, April 4	Mat Pilates	Whitsett Room (SH 451)	12:30-1:30pm
Wednesday, April 5	Walkability Wednesdays	Santa Susanna 108	12-12:45pm
Monday, April 10	Mindfulness Monday	Santa Susanna 108	12-12:45pm
Tuesday, April 11	Mat Pilates	Whitsett Room (SH 451)	12:30-1:30pm
Wednesday, April 12	Walkability Wednesdays	Santa Susanna 108	12-12:45pm
Monday, April 17	Mindfulness Monday	Santa Susanna 108	12-12:45pm
Tuesday, April 18	Mat Pilates	Whitsett Room (SH 451)	12:30-1:30pm
Wednesday, April 19	Walkability Wednesdays	Santa Susanna 108	12-12:45pm
Thursday, April 20	Nutrition	Whitsett Room (SH 451)	12:30-1:30pm
Monday, April 24	Mindfulness Monday	Santa Susanna 108	12-12:45pm
Wednesday, April 26	Walkability Wednesdays	Santa Susanna 108	12-12:45pm
Monday, May 1	Mindfulness Monday	Santa Susanna 108	12-12:45pm
Monday, May 1	Inspiration Café	Whitsett Room (SH 451)	12:30-1:45pm
Tuesday, May 2	Mat Pilates	Whitsett Room (SH 451)	12:30-1:30pm
Wednesday, May 3	Walkability Wednesdays	Santa Susanna 108	12-12:45pm
Monday, May 8	Mindfulness Monday	Santa Susanna 108	12-12:45pm
Tuesday, May 9	Mat Pilates	Whitsett Room (SH 451)	12:30-1:30pm
Wednesday, May 10	Walkability Wednesdays	Santa Susanna 108	12-12:45pm
Thursday, May 11	Nutrition	Whitsett Room (SH 451)	12:30-1:30pm
Monday, May 15	Mindfulness Monday	Santa Susanna 108	12-12:45pm
Tuesday, May 16	Mat Pilates	Whitsett Room (SH 451)	12:30-1:30pm
Wednesday, May 17	Walkability Wednesdays	Santa Susanna 108	12-12:45pm
Thursday, May 18	PRIZES to Winners of the Walking Challenge 2016-2017 AY Healthy Snacks; Entertainment: Guess?	Whitsett Room (SH 451)	12-2:00pm

Note: Look for announcements: Self-Care Special sessions to reduce stress!