



MAY WELLNESS EVENTS

Ongoing:

JUST DANCE! GHC May Wellness Challenge

Send in your videos by May 22, 2020 to GHCWellness@highlands.edu for a chance to win!

Coming Up:

Date	Time	Sponsor	Activity with Links
Monday, May 11, 2020	11:30 am – 12:30 pm	Kepro	Building Resilient Muscles
	12:00 – 12:20 pm	GHC Wellness	Midday Mindfulness: Mindful Movement – Freeze dance party
Tuesday, May 12, 2020	12:15 – 12:45 pm	USG Well-being	Tone it Tuesday: Body Boot Camp
Wednesday, May 13, 2020	9:00 – 11:00 am	Kepro	The Coach Approach to Leadership: Leadership Skills for Thriving Teams
	11:30 am – 12:30 pm	USG Well-being	Well-being Wednesday: Before, During, and After – How to have a healthy pregnancy 101
	12:00 – 12:20 pm	GHC Wellness	Midday Mindfulness: Work/life Balance
Thursday, May 14, 2020	12:00 – 1:00 pm	Kepro	Coping with Change
Friday, May 15, 2020	12:00 – 12:30 pm	GSU	Virtual Guided Meditation
	12:00 – 1:00 pm	Kepro	Maintaining Personal and Fiscal Resiliency during Tough Economic Times
	1:15 – 1:45 pm	USG Well-being	Fun Fitness Friday
Monday, May 18, 2020	12:00 – 12:20 pm	GHC Wellness	Midday Mindfulness: Mind Your Media – Guided meditation
	12:00 – 1:00 pm	USG Well-being	Money Monday: Budgeting, Credit, Understanding & Managing Debt
Tuesday, May 19, 2020	11:30 am – 12:30 pm	USG Well-being	Self-care: Remaining Resilient
	12:00 – 1:00 pm	Kepro	Let's Sleep on it: Developing a Healthy Sleep Pattern
Wednesday, May 20, 2020	12:00 – 12:20 pm	GHC Wellness	Midday Mindfulness: Stretches for Spine Health
	12:00 – 1:00 pm	Kepro / GSU	Sandwich Generation: Strategies for Multigenerational Caregiving
Friday, May 22, 2020	12:30 – 1:30 pm	GSU	Virtual Fun Fitness Friday
Monday, May 25, 2020	Memorial Day		
Tuesday, May 26, 2020	12:15 – 12:45 pm	USG Well-being	Tone it Tuesday: Core Yoga
	2:00 – 3:00 pm	Fidelity / GHC Wellness	Navigating Market Volatility
Wednesday, May 27, 2020	12:00 – 12:20 pm	GHC Wellness	Midday Mindfulness: Walking for Health and Stress
	12:00 – 1:00 pm	Kepro	Estate Planning: Five Essential Documents
Thursday, May 28, 2020	12:15 – 12:45 pm	USG Well-being	Lunch Recipe Demo
Friday, May 29, 2020	12:00 – 12:30 pm	GSU	Virtual Guided Meditation