



I hate every minute of training. But I said, don't quit. Suffer now and live the rest of your life as a champion.

Mohammad Ali

## Employee Wellness Virtual Events

Events that can be done from home or department wellness area

# OCTOBER 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Pure Joy Yoga, Cardio, & Meditation (35min)  Body Scan for Sleep (13min)  Quick & Intense Abs Workout (11min)	2 30-Minute Latin Cardio Dance Workout (30min)  Headspace   Meditation Obstacles   Doubt (5min)  Abs & Core Chair Workout (10min)
5 Loving Kindness Meditation (9min)  Pilates for Beginners (30min)  Quick & Intense Abs Workout (11min)	6 12:00PM - Understanding Learning Styles Webinar (1hr)  12:05PM - Benefits, Education, and Budgeting Webinar (20min)  Mindful Meditation (17min)	7 Healthy Body Yoga (20min)  Yoga   Shoulders & Upper Body Stretch (30min)  Let Go of Worry and Fear and Cultivate Peace Guided Meditation (20min)	8 Yoga   Gentle Flow (30min)  12:00PM - Kaiser   The Sugar Epidemic Webinar (1hr)  Abs Workout Challenge (10min)	9 Yoga   For Vulnerability (35min)  HIIT Workout   Stronger Back (20-min)  Guided Meditation for Sleep   Get a Good Night's Rest (2min)
12 30-Minute Latin Cardio Dance Workout (30min)  Headspace   Meditation Obstacles   Doubt (5min)  Abs & Core Chair Workout (10min)	13 Ted Talk: All it takes is 10 mindful minutes (10min)  12:00PM - Learning to Say No Webinar (1hr)  12:05PM - Benefits, Education, and Budgeting Webinar (20min)	14 Chair Yoga (20min)  Total Body Sculpt (28min)  Island Vibes Cardio Dance Toning Workout (30min)	15 Loving Kindness Meditation (9min)  12:00PM - Cigna   Take it to Heart Webinar: Heart Disease (1hr)  Yoga Party (28min)	16 Abs & Core Chair Workout (10min)  Yoga   Neck & Shoulder Stretch (10min)  15-Minute Meditation For Self-Love (15min)
19 10-Minute Meditation For Anxiety (10min)  Yoga   Shoulders & Upper Body Stretch (30min)  20-Minute Full-Body Workout (20min)	20 Total Body Sculpt (28min)  12:05PM - Benefits, Education, and Budgeting Webinar (20min)  Yoga   Fundamentals of Ease (35min)	21 Let Go of Worry and Fear and Cultivate Peace Guided Meditation (20min)  12:00PM - A Holiday Planning Guide (1hr)  Kukuwa African Dance Workout (19min)	22 Gentle Pilates   Back Care (30min)  12:00PM - Teaching Your Kids Good Monkey Skills Webinar (1hr)  Basic Tahitian Dance, All Levels (10min)	23 Pure Joy Yoga, Cardio, & Meditation (35min)  Body Scan for Sleep (13min)  Quick & Intense Abs Workout (11min)
26 Low-Impact Dance Grooves (30min)  Total Body Sculpt (28min)  Meditation for Working with Difficulties (7min)	27 Seated Self Care Stretch (30 min)  Yoga   Physical Education (10min)  Full Body Chair HIIT Workout w/ Modifications (16min)	28 30-Minute Hip Hop Workout (30min)  12:05PM - Benefits, Education, and Budgeting Webinar (20min)  Pilates for Beginners (30min)	29 Loving Kindness Meditation (9min)  12:00PM - Wellness for Busy People Webinar (1hr)  Tai Chi for Beginners (11min)	30 30-Minute Latin Cardio Dance Workout (30min)  Headspace   Meditation Obstacles   Doubt (5min)  Abs & Core Chair Workout (10min)

\*All classes listed above are active links. Classes may be taken from a different date, but support structure during this time. Classes with a tablet/phone icon depicted on the left are live/recorded webinars that can be participated on any device.