

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6 <b>Calming Drinks</b> 11:30am-12:00pm	7	8	9	10	11
12	13	14 <b>Top 10 Stress Management Techniques</b> 1:00pm – 1:30pm	15	16	17	18
19	20 <b>The Many Types of Exercise</b> 10:00am – 10:30am	21	22	23	24	25
26	27	28	29	30	31	

## EVENTS

### Calming Drinks

There are many healthy calming drink options to grab when your stress is high, and no, we are not talking about the after-work glass of wine! In this session, we go over many kinds of beverages that will slow down and help you feel less stressed.

<https://us02web.zoom.us/j/87433250642>

### Top 10 Stress Management Techniques

There are many different ways a person can manage his or her stress. Because stress is an individually experienced episode, everyone has a variety of actions they can do to feel less stressed. This session outlines the top 10 ways that help people feel less stressed including physical, psychological, and social reduction techniques.

<https://us02web.zoom.us/j/87247564116>

### The Many Types of Exercise

There are several different types of exercise and each has its own benefits. Participants are educated on cardiovascular, strength-training, flexibility, resistance, and balance exercise, as well as specific types including Yoga, Tabata, Barre, Circuit, and more.

<https://us02web.zoom.us/j/82754387223>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4 <b>Sleep On It</b> 9:30am – 10:00am	5	6	7	8
9	10 <b>Preserve Your Produce</b> 12:30pm – 1:00pm	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25 <b>Fitness At Work &amp; Home</b> 1:00pm – 1:30pm	26	27	28	29
30						

## EVENTS

### Sleep On It: Restful Nights and Energetic Days

Tired of being tired? Stress and counter-productive habits can get in the way of your ZZZs. If you have difficulty falling or staying asleep, join us to learn the strategies of sleep science that you can use right away. Did you know that simply changing the way you think about sleep can help you get your beauty rest? Don't be surprised if you find yourself drifting into slumber right here in this session, as we close with a handful of sleep-inducing relaxation exercises!

<https://us02web.zoom.us/j/86477476281>

### Preserve Your Produce

Tired of throwing away your produce/money! The average American throws over \$40.00 a month away in produce. Get inspired to reduce food waste & save money!

<https://us02web.zoom.us/j/85019181407>

### Fitness At Work & Home

Participants will learn how to put together an exercise program that needs little to no equipment and may be done from the comfort of home or work.

<https://us02web.zoom.us/j/87313261301>