



August

*A Summer
of Wellness*
2008

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
					1	2
3	4	5 SOAR	6 SOAR Weight Watchers Open House 12-1 pm KT 118	7 SOAR	8	9
10	11 Free Fitness Screenings 4:45-6:45 pm Hilliard Gates Sports Center	12	13 Weight Watchers Week 1, 🍇 12-1 pm KT 118	14 Take Care of Stress 🍎 Judy 5:15-6:15 PM WU 114/116	15	16
17	18	19 Self-Care 🍎 Jen 1-2 pm KT 117 Nutrition and You 🍎 Judy 5:15-6:15 WU 222/224	20 Weight Watchers Week 2 🍇 12-1 pm KT 118	21 Freshman Fest!	22 Freshman Fest!	23
24	25 Fall Fitness Classes Begin	26	27 Weight Watchers Week 3 🍇 12-1 pm KT 118	28	29	30
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