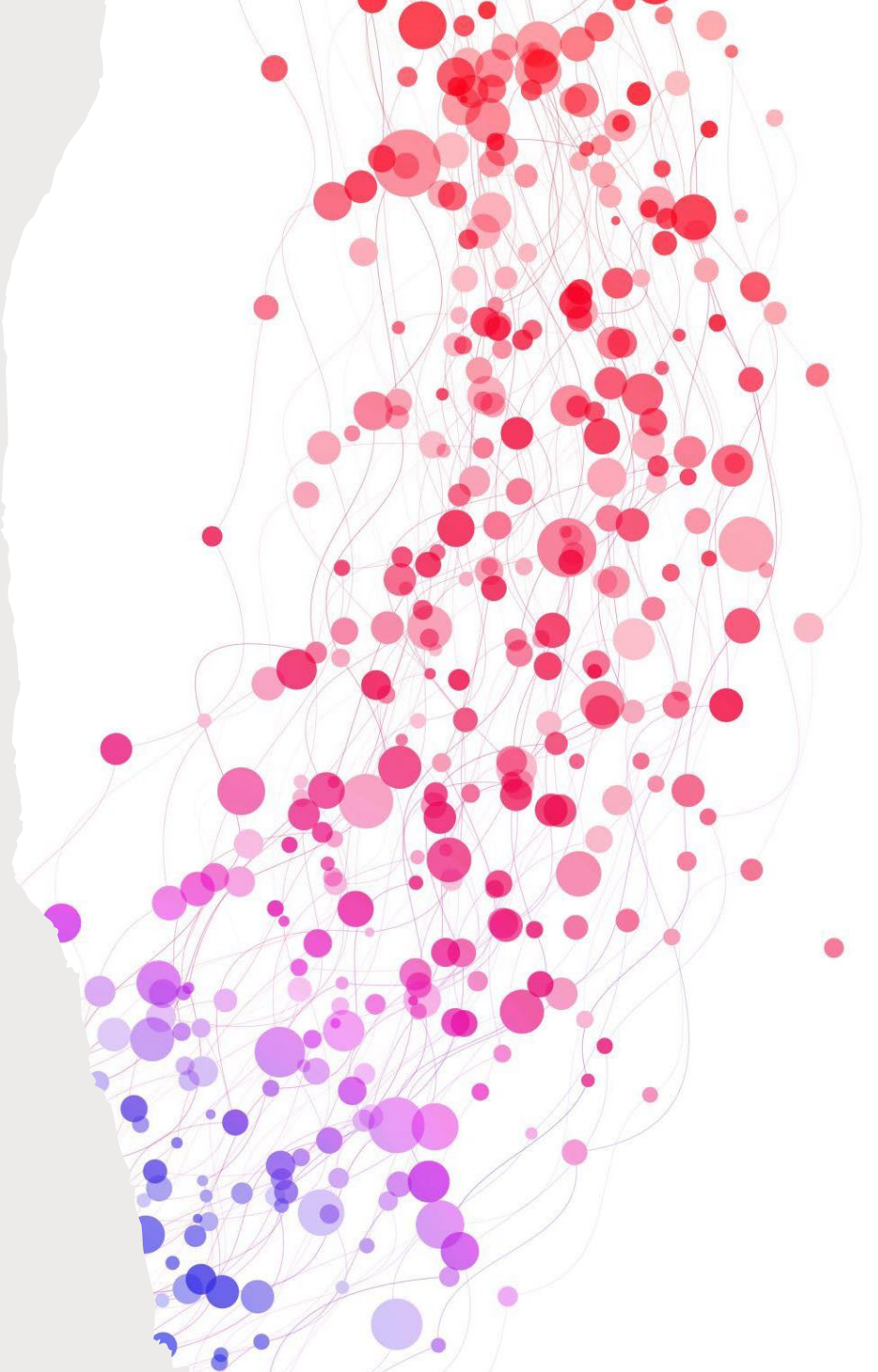


MT HOOD  
COMMUNITY  
COLLEGE:

WELLNESS  
FOR THE WIN!





Our storage closet became....







...a wellness space!



With exercise equipment, iPad, monitor, wellness apps, yoga accessories, and more







Salish Ponds hike and lunch





Baby goat party, employee "welcome back" breakfast, book club give away, employee appreciation luncheon







**Wellness Prizes!!**

Attend sessions to be entered to win wellness prizes.

# TLC Wellness Week

**October 31 – November 4**

## Wellness Week Schedule

**Halloween Social/Pizza Party**

10/31, 11:30 – 1:00, Town and Gown

**Get Your Mental Health Check-Up**

11/1, 12:00 – 1:00, Zoom

**Bodies Need Motion**

11/2, 12:00 – 1:00, TLC 2553 and Zoom

**Guided Meditation**

11/3, 10:00 – 11:00, PE139E and Zoom

**TLC Wellness Room Open House**

11/3, 11:30 – 2:00, TLC 2553

**Friday Morning Yoga**

11/4, 9:00 – 10:00, Zoom

**Open Lap Swim**

M, W, F, 9:00 – 12:00, 6:30 – 8:30pm  
T, R, 5:30 – 9:00am, 6:30 – 8:30pm

**Applied Cross Training (PE117):**

M, 12:00 – 1:00, 4:00 – 6:00  
T, 9:00 – 12:00, 1:00 – 4:00  
W, 9:00 – 1:00, 4:00 – 6:00  
R, 9:00 – 12:00, 2:00 – 3:30  
F, 9:00 – 1:00

**Weight Room (PE126):**

W, F 12:00 – 1:00  
T, R, 7:00 – 8:30pm





Employee costume contest and pizza party



