

WELLNESS WEEK

APRIL 18 & 20, 2017

THE NEXT GENERATION WELLNESS AT WORK PROGRAM AND MCRPA WILL HOST TWO WELLNESS WORKSHOPS ON APRIL 18 AND 20. GET READY FOR A RECHARGE! OPEN TO ALL WHO WOULD LIKE TO ATTEND!



HEALTHY COOKING



GET SOME TIPS TO ADD A NUTRITIOUS BOOST TO YOUR WEEKLY MEALS.

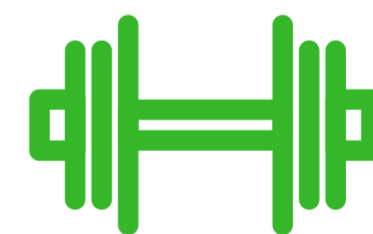
Tuesday, April 18, 2017

Rockville Campus: GU 222-224

11:15 AM - 12:30 PM



SIMPLY SCULPT



GET A GREAT WORKOUT USING YOUR OWN BODY WEIGHT FOR RESISTANCE! CLASS INCLUDES A WARM-UP, BASIC CARDIO AND STRENGTH TRAINING THAT TARGETS ALL MAJOR MUSCLE GROUP. STRETCH/RELAXATION INCLUDED AT THE END OF CLASS. THIS CLASS WILL GIVE YOU THE TOOLS TO STAY ACTIVE EVERY DAY! ALL FITNESS LEVELS WELCOME.

Thursday, April 20, 2017

Rockville Campus: GU 222-224

11:15 AM - 12:30 PM

Please RSVP by visiting:

<http://cms.montgomerycollege.edu/mcrpa/forms/wellness-week-rsvp>