



# HEALTH WELL-BEING & SAFETY

## WELLNESS WEDNESDAY STAFF YOGA

**Join us for a cross-departmental  
HWS Wellness Wednesday  
FREE 30-minute Yoga session  
We hope to see you there!**

**WEDNESDAY, NOV 29TH  
@ SHCC 1316  
12PM & 12:30 PM SESSIONS**

***We have space and mats for up to 8 Staff members  
per 30-min session!***

***Please sign up here:***

***<https://forms.gle/apyz2dsMh3dvawtP7>  
to reserve your spot by 11/28***

