



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***

