

We know you've been wondering...

# What's going on with EAP Spring 2016

Here's a quick sneak peak at some wellness offerings to look forward to...

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| Healthy Cooking Demos   | 2/4, 3/3, 4/7 at noon in the Horizon Room W.   |
| ZUMBA with Paul   | Mondays and Wednesdays at noon in Dod's Gymnasium                                      |
| Faculty Staff Group Fitness                                   | Tuesdays at 11:30 am in Blue Devils Fitness Center starting 1/26 (membership required) |
| EAP Book Club   | Thursdays (noon) 1/28, 2/11 & 25, 3/10 & 31, 4/14 & 28                                 |
| Path to Wellness Series in G103B of the Williams Center @noon |  |
|   | 1/21 Terri Helwig- Living a Healthy Lifestyle/Hectic Life                              |
|   | 2/18 Lisa Schmidtfrerick Miller- Heart Health  |
|   | 3/17 Chris Taverna- Birth order and roles in the family                                |
|   | 4/21 Jeanne Frerichs- The 411 on food and buying local                                 |

# WELLNESS+ RECREATION