

# MUS WELLNESS 2018 FALL EDUCATION

◆ October 9th	Missoula College	<a href="#">Knives, Fire, &amp; Heart</a>	9am	Blackfeet Café
◆ October 9th	UM Missoula	<a href="#">Campus Speed Meet</a>	12pm	UC 225
◆ October 10th	FVCC	<a href="#">Foam Rolling/SMR</a>	12pm	AT 139
◆ October 11th	FVCC	<a href="#">Build a Better Breakfast</a>	8:30am	Ross Hall 169
◆ October 12th	UM Missoula	<a href="#">Move Better</a>	12pm	Group Fitness Room 3
◆ October 16th	Great Falls College	<a href="#">Yes! Soup for You!</a>	12pm	G117
◆ October 17th	Great Falls College	<a href="#">What should I do at the Gym?</a>	12pm	R280
◆ October 18th	Helena College	<a href="#">Balance &amp; Stability</a>	12pm	Room 002-003
◆ October 23rd	City College Billings	<a href="#">Winter ADLs (Activities of Daily Living)</a>	12pm	Tech B1
◆ October 24th	MSU Billings	TBA		
◆ October 25	Montana Tech Butte	<a href="#">Cool Out! (Stress Management)</a>	12pm	SUB Kelley/Steward
◆ October 26	Montana Tech Butte	<a href="#">I don't have time to go to this Workshop</a>	12pm	SUB Kelley/Steward
◆ November	MSU Bozeman	TBA		

- The most current live registration links can always be found at the bottom of [montanamovesandmeals.com](http://montanamovesandmeals.com)
- Workshops and Webinars are worth 25 Incentive points.

