

MUS Wellness Workshops

Missoula, March 4-7

- [Demystifying Healthy Cooking](#)

Monday, March 4th, 12:15-1:00, Missoula College Room 237

Led by Chef Aimee Elliott, Program Director Big Sky Culinary Institute, Certified Chef de Cuisine.

- [MUS Wellness Incentive Program Tutorial](#)

Tuesday, March 5th, 12pm, UC 225, UM

Come join this live tutorial to if you are new to, or would like to learn more about the MUS Wellness online Incentive Program (powered by Limeade). Neal Andrews from MUS Wellness will provide a live demonstration of how to register for, and navigate through the website, as well as highlight all the features of the program.

- [Jump Rope Clinic](#)

Tuesday, March 5th, 3:00-3:45, Campus Rec. FRC1, UM

It's simple, it's cheap, it's portable, it's fun, and it's really great exercise. It's the Jump Rope. Whether you haven't jumped rope since grade school, or you're a super athlete who wants to learn some new tricks, join this clinic to learn everything you ever wanted to know about how to use this classic piece of fitness equipment.

- [Move Your Body](#)

Thursday, March 7th, 2:00-3:00, Campus Rec. FRC1, UM

Your body is the greatest machine ever designed! Learn how to use just your body weight to build fitness.

****Click on the links to register and for more information. Workshop attendees will be awarded 50 points towards the MUS Wellness Online Incentive Program.***

