

MUS WELLNESS 2019 UPCOMING EDUCATION/EVENTS

◆ September 9-13	Montana Tech	Wellness Week		Daily Activities
◆ September 12	NARC Havre	Cool Out (Stress Management)	12pm	NARC Main Hall
◆ September 13	Online Webinar	<u>Building Employee Resilience</u>	12pm	Online
◆ September 18	Helena College	<u>Tiny Steps, BIG Changes</u>	12pm	Room 002-003
◆ September 19	Great Falls College-MSU	<u>Under Pressure (Pressure Cooking)</u>	12pm	Room G117
◆ September 20	Great Falls College-MSU	Group Walk	12:15pm	Atrium
◆ September 24	Miles Community Coll.	<u>Strong Back, Healthy Back</u>	12pm	Centra
◆ September 26	Online Webinar	<u>A Closer Look at the Keto Diet</u>	12:15pm	Online
◆ October 1	FVCC Kalispell	<u>Power Plant Proteins</u>	2pm	Ross 169
◆ October 2	FVCC Kalispell	<u>Backcountry Fitness</u>	12pm	LRC 123B
◆ October 7	Helena College	<u>Nutrition Traps</u>	12pm	Lecture Hall
◆ October 8	Great Falls College-MSU	<u>Nutrition Traps</u>	12pm	Room B101
◆ October 9	UM Missoula	<u>Nutrition Traps</u>	12pm	UC Theater

- *Workshops and Webinars are worth 50 Incentive points.*
- *More events for Billings, Missoula, Butte & Bozeman TBA in October/November!*

