

WHAT'S UP WITH WELLNESS!

MAY 2020

S	M	T	W	T	F	S
					1	2
3	4 Yoga - 6pm zoom	5	6 Yoga - 6pm zoom	7 3rd Year Boot Party - 6pm zoom	8 Yoga - 6pm zoom	9
10	11 Yoga - 6pm zoom	12	13 Yoga - 6pm zoom	14	15 Yoga - 6pm zoom	16 CO2020 Celebration -1pm zoom
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

QUARANTINE WELL-BEING

This pandemic has taken a toll on all of us, its hard to be locked inside and disconnected from family and friends. Make sure you are still making time to care for yourself yourself!

In this unprecedented time, we just want you to know we are here for you.

#togetherLMUCVM

TIPS TO STAY HEALTHY DURING QUARANTINE

Stream online workouts

Get outdoors

Stick to your rituals

Keep your home clean

Get enough sleep

Take breaks from activity

Setup tech free space at home