**WELLNESS WEEK**

**EAT • SLEEP • MOVE**

#RetrieveYourWellness

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**FLU SHOT CLINIC**

<table>
<thead>
<tr>
<th>Oct 17</th>
<th>Oct 18</th>
<th>Oct 19</th>
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<tr>
<td>Commuter Lounge 4PM-6PM</td>
<td>Commons Mainstreet 11AM-2PM</td>
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**Wellness Expo**

**Oct 17**

TUESDAY | RAC | 11AM-2PM

Organizations from around the area will be tabling about the resources they have to offer you!

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**Group Fitness**

**Oct 18**

WEDNESDAY | RAC Fitness Studio

4PM Yoga w/ Maureen | 5PM POP Pilates w/ Cat | 6PM Pound w/ Jenn

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**The Kickback** (with Food Trucks)

**Oct 19**

THURSDAY | Erickson Field | 11AM-2PM

Open play ultimate frisbee, drop-in fitness, inflatable obstacle course, trail mix bar, food trucks and more!