

# THE **GAMIE** OF WELLNESS

**FEBRUARY 3 - MARCH 13, 2020**

## **IMPORTANT DATES**

### **MONDAY, FEBRUARY 3**

Challenge Start Date

### **SATURDAY, FEBRUARY 15**

Fit Families: Yoga and Mindfulness

Location: Belle Square Fitness Center Group Exercise Studio

Time: Ages four-six, 9 - 9:45 a.m.

Ages seven-ten, 10 - 10:45 a.m.

### **THURSDAY, FEBRUARY 20**

Spot Topic: Mindful Eating

Location: City Hall, 3rd floor conference room

Time: 4:15-4:45 p.m.

### **THURSDAY, MARCH 5**

Spot Topic: Stress Relief at Work

Location: City Hall, 3rd floor conference room

Time: 12:15-12:45 p.m.

### **MONDAY, FEBRUARY 10**

### **MONDAY, FEBRUARY 24**

### **MONDAY, MARCH 9**

Self Care Scenario Emails

### **FRIDAY, MARCH 13**

Challenge End Date

## **FOR MORE INFORMATION AND TO SIGN UP**

Contact Brianna Mowbray at [bmowbray@rcwllacrosse.com](mailto:bmowbray@rcwllacrosse.com) or

**VISIT [WWW.RIVERSIDECORPORATEWELLNESS.COM/CITYOFLACROSSE](http://WWW.RIVERSIDECORPORATEWELLNESS.COM/CITYOFLACROSSE)**  
**PASSWORD: LAX**

