

November 2015 – Tiernan Field House Health and Wellness Programs

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 Guided Meditation & Mindfulness 6pm, Toll LR	4	5 National Depression Screening Day: Seal Ct, 11am-1pm Weaving in Wellness: 4:30-5:30pm, GJW LR	6 Free Condoms EVERY DAY	7 TRX-Suspension Training: 10-11am Personal Trainer-Drop In Fitness Consultations: 11am-12pm
8	9 RES LIFE SEX WEEK! Queer Sex Night: 8-10:30pm in SCORE	10 Guided Meditation & Mindfulness 6pm, Toll LR Let Them Eat Cake: Dessert Workshop by Jen Tave, 1 st Floor GJW Kitchen, 7pm	11	12	13 Health and Wellness Drop in Hours: 10am-1pm	14 TRX-Suspension Training: 10-11am Personal Trainer-Drop In Fitness Consultations: 11am-12pm
15	16 Nutrition and Physical Activity: PHE Tabling, 11am-1pm, Seal Ct.	17 Guided Meditation & Mindfulness 6pm, Toll LR	18	19 Great American Smoke out Time Management and Technology: CP&R, 4:30-5:30pm	20 Health and Wellness Drop in Hours: 10am-1pm LA Queer Resistance: 5C Consent Workshop, Vita Nova, Time TBD	21 TRX-Suspension Training: 10-11am Personal Trainer-Drop In Fitness Consultations: 11am-12pm
22	23	24 Guided Meditation & Mindfulness 6pm, Toll LR	25	26 THANKSGIVING	27 THANKSGIVING	28
29	30					