



# May 2008

## Living Well!



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6 <b>Work/Life Class: "Single Parenting"</b> in the Board Room from 12-1pm	7 <b>Zest of Life group fitness class at 5:00 pm in the Board Room</b>	8	9	10
11	12	13 <b>Seminar: "Strategies for Optimum Health"</b> from 12:15-12:45pm in Room IRC, E-1004 by Rick Ellis	14 <b>Zest of Life group fitness class at 5:00 pm in the Board Room</b>	15	16	17
18	19	20 <b>Seminar: "Exercise &amp; Injury Prevention"</b> from 12:15-12:45pm in Room IRC, E-1004	21 <b>Zest of Life group fitness class at 5:00 pm in the Board Room</b>  <b>Financial Education Seminar: "Social Security"</b> by James Alford, SSA in the Board Room at 10:00am and again at 1:30pm	22	23	24
25	26	27	28 <b>Zest of Life group fitness class at 5:00 pm in the Board Room</b>	29	30	31
<h1>Living Well Activities Calendar!</h1>						