

Exercise Activities

Running Club, 7pm

Fishbowl of East Hall

-Running 101 – Mondays

-Running 201 – Wednesdays

OPEN RECREATION!

COME MOVE WITH US!

Basketball

Monday: 12p-2p, 8p-10p

Tuesday: 8p-10p

Wednesday: 12p-2p

Thursday: 8p-10p

Friday: 12p-2p

Saturday: 12p-2p

Volleyball

Saturday: 2p-4p

Indoor Soccer

Friday: 2p-4p

Intramural Sports

call 231.995.1199 for info

Coed Basketball: Feb 20, 27 & Mar 5, 12, **19**

Coed Volleyball: April 2, 9, 16, **23**

Coed Indoor Soccer: Jan 23, 30 & Feb 6, **13**

All Intramural Sporting activities are from 2p-5p

Dates in **RED** denote playoffs

Additional events may be added throughout the semester.



Spring 2012

Sponsored SGA and Student Wellness Committee

For more information call 995-1255 or go to

www.nmc.edu/student-services/health-services/index.html

Healthy Bodies, Healthy Minds Lecture Series

**Attend a wellness lecture or exercise event & earn a
chance to win a weekly drawing for \$20 gas card &
grand prize \$100 MC Sport gift card**

January 24, 8p

Gentleman's Club

A candid talk on Sexuality

Renee Jacobson, NP
East Hall Basement

January 26, 4p-5p

Exercising For Health

Sara Wetmore, Exercise Physiologist
SH 217

January 31, 8p

Ladies Night

A candid talk on Sexuality

Renee Jacobson NP
East Hall Basement

February 2, 3:30p-4:30p

Eating Healthy: On the go & on a budget

Carol Bell, MS-c, Dietician
SH217

February 9, 3:30-4:30p

Getting a Good Night's Sleep in College

Cindy Nichols Ph.D., Psychologist & Sleep Specialist
SH217

February 23, 3:30p-4:30p

Stress and Anxiety in College

Deb Maison, LPC
SH217

March 7, 3:30p-4:30p

Designer Drugs

Renee Jacobson, NP
SH217

March 21, 3p-4p

Introduction to Pilates & Yoga

Kylee Bonne, Kinesiologist & Certified Pilates instructor
Elizabeth Graves, Certified Yoga Instructor
Welcome Center G, 2nd Floor

April 3, 3:30-4:30p

Meditation101: How Peace is Possible Now

Amanda Rodasi Campbell
Meditation & Mindfulness Coach
Welcome Center G, 2nd Floor

April 26, 3:30p-4:30p

Test Anxiety Study Skills

Joe Sanok, LPC
SH217