THRIVE! WELLNESS ANNOUNCES MARCH CALENDAR, LUNCH AND LEARN

The next session of Wellness classes kicks off this week. Each session is eight-weeks. Please click on the link for the complete March class schedule, below.

The first Lunch and Learn will take place at 11:30 pm, noon and 12:30 pm on Monday, March 16 in Siderooms C&D at the Harrison campus. Ann Hoffman is the presenter and she will discuss nutrition. Additional Lunch and Learn workshops are set for March 23 in the Cooper Lecture Theatre and March 24 in the Michigan campus cafeteria. All Lunch and Learn workshops are scheduled during the following times: 11:30 pm, noon and 12:30 pm.

MARCH WELLNESS CALENDAR

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