

# April 2014



## ~ April 2014 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>1</b> <a href="#">Wellness Challenge Kickoff- Sacramento</a> 11:00am-1:00pm Courtyard Marriott Ballroom	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>6</b>	<b>7</b>	<b>8</b> <a href="#">Wellness Challenge Kickoff- Davis</a> 11:00am-1:00pm ARC Ballrooms	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b> Picnic Day- get out and enjoy everything that campus has to offer!
<b>13</b>	<b>14</b>	<b>15</b> Alternate Walk 10:15 - 11am: meet at AM/PM 3:15 pm - 4pm Meet at Cow Barn parking	<b>16</b> Wednesday Walk Wilson Track Assessment Walk 12-1 pm Toomey Field	<b>17</b> Alternate Resistance Band exercise session 3 - 4pm Segundo Dining room	<b>18</b>	<b>19</b>
<b>20</b>	<b>21</b>	<b>22</b> Alternate Walk 10:15 - 11am Meet at Cow Barn parking 3:15 pm - 4pm meet at AM/PM	<b>23</b> Wednesday Walk REC POOL 12-1 pm	<b>24</b> "Benefits of Exercise and Resistance Band Exercise: 12-1pm, SCC Room D  Take Our Daughters and Sons to Work Day	<b>25</b> Assessment Faire: 11:45am-12:45pm Upper Hickey Gym	<b>26</b>
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b> Wednesday Walk College Park 12-1 pm			

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<b>1</b> Brown Bag: 12-1pm, SCC MPR "Hiking and Other Outdoor Adventures"  Alternate Walk 10:15 - 11am meet at AM/PM station 3:15 pm - 4pm Meet at cow barn parking	<b>2</b>	<b>3</b>
<b>4</b>	<b>5</b>	<b>6</b> Alternate Walk 10:15 - 11am meet at Cow Barn parking 3:15 pm - 4pm Meet at AM/PM	<b>7</b> Walk yourself to TGFS!	<b>8</b> Alternate Latin Dance Tercero Main Lounge 3 - 4pm	<b>9</b>	<b>10</b>
<b>11</b>	<b>12</b>	<b>13</b> Alternate Walk 10:15 - 11am Meet at AM/PM 3:15 pm - 4pm Meet at cow barn parking	<b>14</b> Wednesday Walk ARC indoor Track	<b>15</b> Brown Bag: 12-1pm, SCC MPR <a href="#">Salsa/Latin Dance</a>	<b>16</b>	<b>17</b>
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b> UC Walks 12-1pm, multiple locations  Alternate UC Walks 10:15 - 11am In front of Junction C-store 3:15 pm - 4pm In front of Trudy's C-store	<b>22</b>	<b>23</b>	<b>24</b>
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>

**My Challenge** \_\_\_\_\_