

April 2014



~ April 2014 ~

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

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Brown Bag: 12-1pm, SCC MPR "Hiking and Other Outdoor Adventures"	2	3
4	5	6	7 Walk yourself to TGFS!	8	9	10
11	12	13	14 Wednesday Walk ARC indoor Track	15 Brown Bag: 12-1pm, SCC MPR Salsa/Latin Dance	16	17
18	19	20	21 UC Walks 12-1pm, multiple locations	22	23	24
25	26	27	28	29	30	31