The Employee Wellness Program actively facilitates a culture of wellness for the employees of Sonoma State University by providing tools to support and maintain the areas of wellness in your life.

**Circuit Training***
Monday & Wednesdays
12:10 – 12:50 pm | Arbor Lakes | Katie Spangler
* Weather Permitting

**Indoor Cycling**
Fridays
12:10 – 12:50 pm | PE6 | Laura Lupei

**Yoga**
Tuesday & Thursdays
12:05 – 12:55 pm | Ives 80 | Jeanne Janae

**Empathia Webinars**
10:00 – 11:00 am | self log-in at mylifematters.com password: sonoma
Oct 14th “The Family Approach to Caregiving”
Nov 12th “Positive Guidance and Your Child’s Self Esteem”
Dec 1st “The Brain and Sleep”

**Get Moving Health Promotion Class (October)**
Are you ready to get moving? Become inspired as Kaiser Permanente presents a lunch and learn class on physical activity! Additional details to follow!

**Thrive Across America Challenge (September)**
Compete as an individual or build a team with 4 - 10 colleagues and prepare for the challenge! SSU is partnering with Kaiser Permanente to support 8 weeks of physical activity! Log every minute of physical activity that you perform at work, outside of work and anywhere in-between to earn stars. Additional details and incentives to follow!

**Questions?**
employeewellness@sonoma.edu
Frequently Asked Questions

With a 30 minute lunch, may I leave early?

Do not worry if you need to leave a class early – we understand. Just be sure to give yourself time for an appropriate cool down if you have been exercising.

What about arriving late?

If you arrive late for a class, please be respectful as you jump into the action to avoid any interruptions.

What would I need to bring?

Circuit Training: Workout clothing, a water bottle and sunblock
Indoor Cycling: Workout clothing and a water bottle
Yoga: Comfortable clothing and yoga mat (padded mats are available in Ives 80).

What if I have additional questions?

Contact the Employee Wellness Program at employeewellness@Sonoma.edu