



## Summer 2016 Employee Wellness

May 31<sup>st</sup> – August 19<sup>th</sup> 2016

As part of Sonoma State University's culture of wellness, the Employee Wellness Committee is encouraging staff and faculty to participate in the following summer activities



### Circuit Training

Monday & Wednesdays (12:10 – 12:50 pm @ PE6)  
Kaelene Curry



### Indoor Cycling

Fridays (12:10 – 12:50 pm @ PE6)  
Laura Lupei



### Yoga

Tuesday & Thursdays (12:05 – 12:55 pm @ Ives 80)  
Jeanne Janae

### Campus Recreation Center Offer!

FREE Access to Recreation Center and Campus Rec Swim from 5/31 – 6/12  
Summer Rec Center Membership prices will be offered at a prorated discount.



### SSU Summer Recipes

Do you have any favorite summertime recipes you'd like to share? Send your recipe to [employeeewellness@sonoma.edu](mailto:employeeewellness@sonoma.edu) to be featured in a summer edition cookbook!

### Questions?

[employeeewellness@sonoma.edu](mailto:employeeewellness@sonoma.edu)