



# July

## Wellness Wednesdays



**July 8**

**“Simple Office Workouts”**

12:05-12:55 p.m.

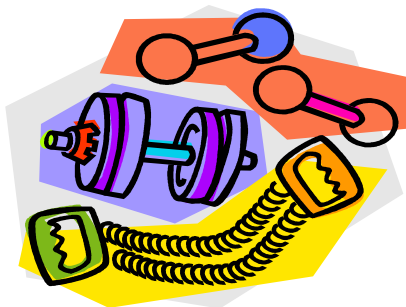
Student Recreation Center room  
3014

**Presenter: Linda Howard**  
*Wellness Coach, Holtyn & Associates*

Don't think you have time to make it to the gym? Do you need a quick workout you can do in or around your office?

Then this class is for you. Come dressed and ready to learn how you can get your heart rate up and strengthen your body.

*\*Dress in comfortable clothing*



**July 22**

**“Don't Hesitate to Communicate”**

12:05-12:55 p.m.

Sindecuse Health Center  
room 3131

**Presenter: Jessica Kerby**  
*Health Coach, Office of Health Promotion & Education and Psychology Intern, University Counseling and Testing Center*

This interactive workshop will address strategies for resolving conflict in the workplace. This will include a presentation on communication styles, assertiveness, and active listening skills.

