

July 2022

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4 Independence Day	5	6 Welcome Community Partner email/letter	7	8	9
10	11	12 WC: Circuit Training	13	14 WC: Circuit Training	15	16
17	18 Hydration Bingo Start	19	20	21	22	23
24	25	26 WC: Circuit Training	27	28 WC: Circuit Training	29 Hydration Bingo ends	30
31						

Notes:

WC: Wellness Classes. All Wellness Classes start at 12:10pm, unless otherwise stated.

August 2022

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2 WC Zoom class: Chair Yoga	3	4 WC Zoom class: Chair Yoga	5	6
7	8	9 Zoom Learn at Lunch w/ Ross: Mental Health Awareness Support and Education.	10	11	12	13
14	15	16 WC Zoom class: Chair Yoga	17	18 WC Zoom class: Chair Yoga	19	20
21	22	23	24	25	26	27
28	29	30 WC Zoom class: Chair Yoga	31			

Notes:

WC: Wellness Classes. All Wellness Classes start at 12:10pm, unless otherwise stated.

Zoom: Chair Yoga

<https://osuokc.zoom.us/j/95392662322?pwd=bWZRbWFRRXFacGx6cXEyNFBIUGVEZz09>

Meeting ID: 953 9266 2322, Passcode: 880958

Zoom: Learn at Lunch with Ross at 2pm: Mental Health Awareness Support and Education

<https://osuokc.zoom.us/j/94889569410?pwd=V2ErZzVuWkVFc1lmUU84R205dz09>

Meeting ID: 948 8956 9410, Passcode: 932569

September 2022

SUN	MON	TUE	WED	THU	FRI	SAT
				1 Wellness Newsletter	2	3
4	5 Labor Day	6 WC: Basic Self Defense class	7	8 WC: Basic Self Defense class	9	10
11	12	13	14	15	16	17
18	19 In Person Financial Literacy: Investing 101	20 WC: Basic Self Defense class	21	22 WC: Basic Self Defense class	23	24
25	26	27	28	29	30	1

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Financial Literacy: Investing 101 with OSU Professor Amit Bansal. In person event

900 North Portland Ave, OKC, OK 73013

Student Center Building, 3rd Floor, Conference North and South.

2pm-4pm. RSVP: <https://apply.osuokc.edu/register/investment101>

October 2022

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4 15 minute walk for fitness	5	6 15 minute walk for fitness	7	8
9	10 Columbus Day	11	12	13	14	15
16	17	18 15 minute walk for fitness	19	20 15 minute walk for fitness	21	22
23	24	25	26	27	28	29
30	31 Halloween					

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15 minute walk for fitness: Encourages you to get up and walk for 15 minutes a day.

November 2022

SUN	MON	TUE	WED	THU	FRI	SAT
		1 Personal Training session	2 Ross/Kevin Zoom Learn at Lunch: Nutrition and Mindful Eating	3 Personal Training session	4	5
6	7	8	9	10	11 Veterans Day	12
13	14	15 Personal Training session	16	17 Personal Training session	18	19
20	21	22	23	24 Thanksgiving Day	25	26
27	28	29 Personal Training session	30			

Notes:

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 Personal training sessions will take place in 30 minute increments, email Kevin at Kevin.galloway@okstate.edu to schedule a time.

December 2022

SUN	MON	TUE	WED	THU	FRI	SAT
				1 Wellness Newsletter	2	3
4	5	6 Zoom class: Chair Yoga	7	8 Zoom class: Chair Yoga	9	10
11	12	13 Zoom class: Chair Yoga	14	15 Zoom class: Chair Yoga	16	17
18	19	20	21	22	23	24
25 Christmas	26	27	28	29	30	31

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Zoom Chair Yoga: December 6th, 8th, 13th, 15th

<https://osuokc.zoom.us/j/95324509061?pwd=OEFucFM5ZnhPOE1LVzNlZGdlb3JIUT09>

Meeting ID: 953 2450 9061, Passcode: 220724

Throughout the month, we will be offering Tips and Trick for Healthy eating. Information will be posted on our Facebook site. Like and subscribed today!

<https://www.facebook.com/OSUOKCWellness/>

January 2023

SUN	MON	TUE	WED	THU	FRI	SAT
1 New Year's Day	2 New Year's Day Holiday	3 WC: Circuit Training	4	5 WC: Circuit Training	6	7
8	9	10	11	12	13	14
15	16 M L King Day	17 WC: Circuit Training	18	19 WC: Circuit Training	20	21
22	23	24	25	26	27	28
29	30	31 WC: Circuit Training				

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February 2023

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2 WC: Intro to Kickboxing Car buying lunch and learn	3	4
5	6 Zoom Learn at Lunch w Ross: Breathing & Meditation Exercises	7	8	9	10	11
12	13	14 Valentine's Day WC: Introduction to Kickboxing	15	16 WC: Introduction to Kickboxing	17	18
19	20 Presidents' Day	21	22	23	24	25
26	27	28 WC: Introduction to Kickboxing				

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Car Buying Lunch and Learn. Conference 304, 12pm.

<https://slate.to/cctjD1rC>

Zoom Learn at Lunch: Breathing & Meditation Exercises:

<https://okstate-edu.zoom.us/j/91557387079?pwd=b29KVnZqNlNnUmdCeE5SRFBYR3lOQT09>

Meeting ID: 915 5738 7079, Passcode: 704359

March 2023

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6 Zero to 5k run program start	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

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April 2023

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4 WC: Introduction to Martial Arts	5	6 WC: Introduction to Martial Arts	7 Good Friday	8
9 Easter Sunday	10	11	12	13	14	15
16	17	18 WC: Introduction to Martial Arts	19	20 WC: Introduction to Martial Arts	21	22
23	24	25	26	27	28 Zero to 5k run program end	29 Memorial Marathon race weekend
30 Memorial Marathon race weekend						

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May 2023

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2 WC Via Zoom: Breathing and Meditation	3	4 WC Via Zoom: Breathing and Meditation	5	6
7	8	9	10	11	12	13
14 Mother's Day	15 Zoom Learn at Lunch w/Ross: Resource Rundown	16 WC Via Zoom: Breathing and Meditation	17	18 WC Via Zoom: Breathing and Meditation	19	20
21	22	23	24	25	26	27
28	29 Memorial Day	30 WC Via Zoom: Breathing and Meditation	31			

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June 2023

SUN	MON	TUE	WED	THU	FRI	SAT
28	29	30	31	1 Wellness Newsletter WC: Rewind 2022	2 National Donut Day	3
4	5	6	7 Global Running Day	8	9	10
11	12	13 WC: Rewind 2022	14	15 WC: Rewind 2022	16	17
18 Father's Day	19	20	21	22	23	24
25	26	27 WC: Rewind 2022	28	29 WC: Rewind 2022	30	

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Rewind 2022: Taking all the popular classes throughout the year and bringing them back One more time.

July 2023

SUN	MON	TUE	WED	THU	FRI	SAT
						1 a
2	3	4 Independence Day	5	6	7	8
9	10	11 Zoom Learn at Lunch w/Ross: Peer Support and Training	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	1	2	3	4	5

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