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=V2ErZzVuWkJ4cVVFc1lmUU84R205dz09

Meeting ID: 948 8956 9410, Passcode: 932569