Fall 2022 Schedule
August 22 – December 16, 2022

Open to all Gillings students, faculty, and staff!

**Gentle Yoga**
- Mondays – Noon – Virtual (30 minutes) – contact rhoda_cerny@unc.edu
- Mondays – 5:15 PM – Virtual (45 minutes) – contact rhoda_cerny@unc.edu
- Tuesdays – 5:15 PM – In-person (45 minutes) – 0003 Michael Hooker Research Center

**Walking Groups** (30 minutes) – Meet at the Pittsboro St. entrance to McGavran-Greenberg
- Tuesdays – 10:00 a.m. (temporary leader shortages in Sept., please walk anyway)!
- Or...organize your own!

**Mindful Relaxation** (20 minutes)
- Thursdays – Noon – 2304 McGavran-Greenberg

Employees: Join a Gillings team for the Miles for Wellness Challenge and the Jingle Bell Jog in December! Contact: Myka Elliott mkelliot@email.unc.edu

EVERYONE: Be sure to check out the Culture of Health Section at the very bottom of the Gillings Newsletter each week and the website https://sph.unc.edu/culture-of-health!