*Open to all UNC Gillings students, faculty, and staff!*

Join the Microsoft Team to view Wellness Resources and Event Announcements!

Contact: cultureofhealth@unc.edu

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**Mindful Meditation** **Tuesdays** at Gillings

- 10:00 AM - 2304 McGavran-Greenberg (15 minutes)

**Walking Group** **Tuesdays** at Gillings

- 2:30 PM (30 minutes) - Meet at the Pittsboro St. entrance to McGavran-Greenberg  
  Or...organize your own!

**Gentle Yoga** **Thursdays** at Gillings

- 11:00 AM - 2304 McGavran-Greenberg (30 minutes)  
- 5:15 PM - 0003 Michael Hooker Research Center (45 minutes)

**Gentle Yoga Virtual Sessions** (open to all UNC affiliates)

- **Mondays** - Noon (30 minutes) - contact rhoda_cerny@unc.edu  
- **Wednesdays** - 5:15 PM (45 minutes) - contact rhoda_cerny@unc.edu

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