A WEEK-LONG EXPLORATION OF YOU!

Promotional events, activities, education, prizes, and more centered around being YOU!
All events occur in the Anna Fascitelli Fitness and Wellness Center

**MONDAY 2/13**
- Happiness Inside and Out 2-4pm
- Who are you + Who do you want to be? 5-7pm in Wellness Resource Center

**TUESDAY 2/14**
Anahata: Open Heart Chakra 11am in Mind Body Studio

**WEDNESDAY 2/15**
- Wellness Wednesday: Body Image 12-1:30pm and 5:30-7pm

**THURSDAY 2/16**
- Who are you + Who do you want to be? 4:30pm-6:30pm
- Thirsty Thursday: Body Image 5:30-7pm

**FRIDAY 2/17**
- Trash Your Insecurities 2-4pm
- 125 Ways to Be-YOU-tiful 12-2pm
INSIDE
FEBRUARY 13-19, 2017
OUT
HAPPINESS
MIND
BODY
SOUL

INSIDE OUT WEEK
LIFESTYLE
MINDFULNESS
POSITIVITY
MEDITATION

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