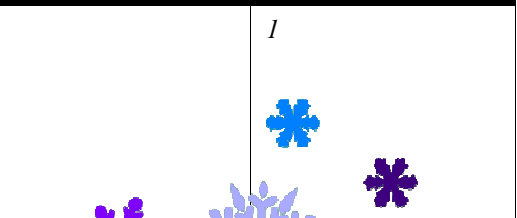
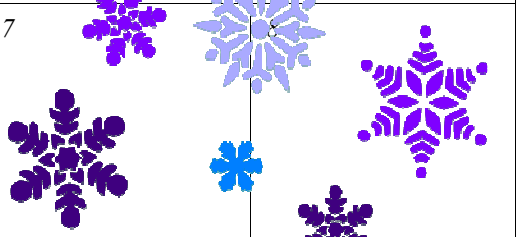
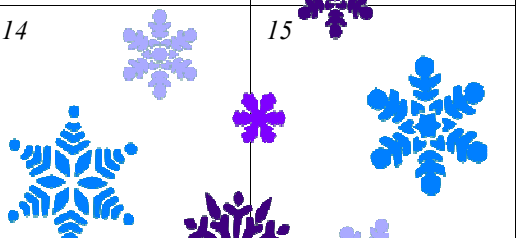

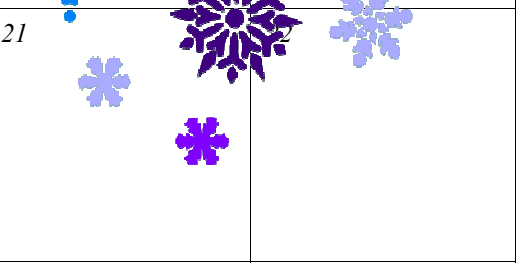




Wellness Activity Calendar February 2020



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>One Gov't Center– 1st Floor Conference Room BDD– Educare– 1932 Birchwood City of Toledo (COT) Engineering– 600 Jefferson Suite 300 CLC– 711 Adams St. EMS Training Facility– 2127 Jefferson</p>						1
2	<p>3 YOGA – Educare 12:00 - 1:00 CARDIO/TONE– CLC 12:00 - 1:00 POUND– EMS 5:15 - 6:15</p>	<p>4 YOGA–One Gov't Ctr 12:00 - 1:00</p>	<p>5 YOGA– COT Engineering 12 - 1:00 ZUMBA– EMS 5:15 - 6:15</p>	<p>6 BODY SCULPTING CLC - 12:00 - 1:00</p>	<p>7</p> 	
9	<p>10 YOGA – Educare 12:00 - 1:00 CARDIO/TONE– CLC 12:00 - 1:00 POUND– EMS 5:15 - 6:15</p>	<p>11 YOGA–One Gov't Ctr 12:00 - 1:00</p>	<p>12 YOGA– COT Engineering 12 - 1:00 ZUMBA– EMS 5:15 - 6:15</p>	<p>13 BODY SCULPTING CLC - 12:00 - 1:00</p>	<p>14</p> 	<p>15</p> 
16	<p>17</p> 	<p>18 YOGA–One Gov't Ctr 12:00 - 1:00</p>	<p>19 YOGA– COT Engineering 12 - 1:00 ZUMBA– EMS 5:15 - 6:15</p>	<p>20 BODY SCULPTING CLC - 12:00 - 1:00</p>	<p>21</p> 	
23	<p>24 YOGA – Educare 12:00 - 1:00 CARDIO/TONE– CLC 12:00 - 1:00 POUND– EMS 5:15 - 6:15</p>	<p>25 YOGA–One Gov't Ctr 12:00 - 1:00</p>	<p>26 YOGA– COT Engineering 12 - 1:00 ZUMBA– EMS 5:15 - 6:15</p>	<p>27 BODY SCULPTING CLC - 12:00 - 1:00</p>	<p>28</p> <p><i>Sponsored by the Board of Lucas County Commissioners/ City of Toledo Employee Wellness Program</i></p> <p><i>Health Coaches 419-213-2088</i></p>	<p>29</p>