





Wellness Activity Calendar

October 2019



Sun	Mon	Tue	Wed	Thu	Fri	Sat	
<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>1 <i>YOGA</i>–One Gov’t Ctr 12:00 - 1:00</p>	<p>2 <i>YOGA</i>– COT Engineering 12 - 1:00</p> <p><i>ZUMBA</i>– EMS 5:15 - 6:15</p>	<p>3 ANNUAL HEALTH FAIR * NO CLASS @ CLC TODAY *</p>			
6	<p>7 <i>YOGA</i> – Educare 12:00 - 1:00 * NO CLASS @ CLC TODAY*</p> <p><i>POUND</i>– EMS 5:15 - 6:15</p>	<p>8 <i>YOGA</i>–One Gov’t Ctr 12:00 - 1:00</p>	<p>9 <i>YOGA</i>– COT Engineering 12 - 1:00</p> <p><i>ZUMBA</i>– EMS 5:15 - 6:15</p>	<p>10 <i>BODY SCULPTING</i> CLC - 12:00 - 1:00</p>	11	12	
13	<p>14</p> 	<p>15 <i>YOGA</i>–One Gov’t Ctr 12:00 - 1:00</p>	<p>16 <i>YOGA</i>– COT Engineering 12 - 1:00</p> <p><i>ZUMBA</i>– EMS 5:15 - 6:15</p>	<p>17 <i>BODY SCULPTING</i> CLC - 12:00 - 1:00</p>	18		
20	<p>21 <i>YOGA</i> – Educare 12:00 - 1:00</p> <p><i>RIPPED</i>– CLC 12:00 - 1:00</p> <p><i>POUND</i>– EMS 5:15 - 6:15</p>	<p>22 <i>YOGA</i>–One Gov’t Ctr 12:00 - 1:00</p>	<p>23 <i>YOGA</i>– COT Engineering 12 - 1:00</p> <p><i>ZUMBA</i>– EMS 5:15 - 6:15</p>	<p>24 <i>BODY SCULPTING</i> CLC - 12:00 - 1:00</p>	25		26
27	<p>28 <i>YOGA</i> – Educare 12:00 - 1:00</p> <p><i>RIPPED</i>– CLC 12:00 - 1:00</p> <p><i>POUND</i>– EMS 5:15 - 6:15</p>	<p>29 <i>YOGA</i>–One Gov’t Ctr 12:00 - 1:00</p>	<p>30 <i>YOGA</i>– COT Engineering 12 - 1:00</p> <p><i>ZUMBA</i>– EMS 5:15 - 6:15</p>	<p>31 <i>BODY SCULPTING</i> CLC - 12:00 - 1:00</p>	<p>One Gov’t Center– 12th Floor Conf. Rm. B (Yoga) BDD– Educare– 1932 Birchwood City of Toledo (COT) Engineering– 600 Jefferson Suite 300 CLC– 711 Adams St. EMS Training Facility– 2127 Jefferson</p>		