

# WELLOWEEN 2020



## MONDAY, OCTOBER 26

- 5:30pm • CAB Group Fitness *via Zoom*  
HIIT with Alexa

## TUESDAY, OCTOBER 27

- 4:00pm • Food and Mood *via Zoom*
- 6:00pm • CAB Group Fitness *via Zoom*  
Tabata with Abbie

## WEDNESDAY, OCTOBER 28

- 7:00am • CAB Group Fitness *via Zoom*  
Yoga with Linda
- 6:00pm • CAB Group Fitness *via Zoom*  
Yoga with Linda

## THURSDAY, OCTOBER 29

- 10:00am • Frightening Finances *via Zoom*
- 2:00pm • Pumpkin Book Craft *via Zoom*  
Visit the library front desk for info

Visit [library.upstate.edu](http://library.upstate.edu) for Zoom links

For exercise classes, visit the CAB website for info!

## ONGOING PROGRAMS THROUGHOUT THE WEEK

Student Success Scavenger Hunt – Play to Win!  
Email Katie Daley [daleyka@upstate.edu](mailto:daleyka@upstate.edu) or visit the Student Success Center (Library 130) for info

## PATHWAY TO WELLNESS CHALLENGES FOR THE WEEK

- Monday: Monday Mile
- Tuesday: Mediate for one minute
- Wednesday: Eat a New York State apple
- Thursday: Stretch at your desk
- Friday: Sign up to attend “Self Care: Beyond Washing Your Hands” on November 10th at Noon

Welloween Week is brought to you by the Upstate Wellness Committee & the Health Sciences Library