

WELLNESS 2015 Calendar



MARCH



My Healthy
Goal is:

More information,
contact:
wellness@nova.edu
or call (954) 262-7021.



Every Wednesday
Noon-5:00 p.m.
Alvin Sherman Library Quad

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
1	MOVE IT MONDAY! <i>Time to move!</i> 5:15-6:00 p.m. at the NSU Gold Circle Lake Meditation Session 4:00 p.m. Room 2046 Alvin Sherman Library	2	3	FARMERS MARKET Meditation Session 7:30 a.m. HPD Library, Room 3142	4	5	6	7
8	MOVE IT MONDAY! <i>Time to move!</i> 5:15-6:00 p.m. at the NSU Gold Circle Lake Meditation Session 4:00 p.m. Room 2046 Alvin Sherman Library	9	10	 at FARMERS MARKET Meditation Session 7:30 a.m. HPD Library, Room 3142	11	12	13	Sharks on the Scene in conjunction with Campus Recreation Outdoor Adventures Sky Zone Trip Meeting time: 9:00 a.m. at the NSU Shark Fountain Call (954) 262-7301 for details 
15	MOVE IT MONDAY! <i>Time to move!</i> 5:15-6:00 p.m. at the NSU Gold Circle Lake Meditation Session 4:00 p.m. Room 2046 Alvin Sherman Library	16	17	FARMERS MARKET Meditation Session 7:30 a.m. HPD Library, Room 3142	18	19	20	21
22	MOVE IT MONDAY! <i>Time to move!</i> 5:15-6:00 p.m. at the NSU Gold Circle Lake Meditation Session 4:00 p.m. Room 2046 Alvin Sherman Library	23	24	 at FARMERS MARKET Meditation Session 7:30 a.m. HPD Library, Room 3142	25	26	27	Sharks on the Scene in conjunction with Campus Recreation Outdoor Adventures Jet Ski Trip Meeting time: 8:30 a.m. at the NSU Shark Fountain Call (954) 262-7301 for details 
29	30	31	NSU WELLNESS BRINGS YOU MOVE IT MONDAY! AND WICKED WEDNESDAY		EVERY MONDAY AND WEDNESDAY 5:15 to 6:00 p.m. NSU Gold Circle Lake			