

Tools for a Summer of Self-Care



JUNE

- June 8 @ 12pm & 4pm - Sit & Stretch Exercise
- June 9 @ 12pm - Sports Backers Overview
- June 22 @ 12pm & 4pm - Sit & Stretch Exercise
- June 22 @ 1pm - Cigna Coaching Overview

JULY

- July 13 @ 12pm & 4pm - Sit & Stretch Exercise
- July 27 @ 12pm & 4pm - Sit & Stretch Exercise
- July 13 @ 1pm - Cigna Coaching Overview

AUGUST

- August 10 @ 12pm & 4pm - Sit & Stretch Exercise
- August 26 @ 6pm - The Flying Ivories – Virtual Dueling Pianos
- August 31 @ 12pm & 4pm - Sit & Stretch Exercise
- August 31 @ 1pm - Cigna Coaching Overview

Details for all above events will be available at: <https://employeewellbeing.richmond.edu/events/index.html>

Visit <https://recreation.richmond.edu/fitness/index.html> for the group fitness class schedule

Visit <https://recreation.richmond.edu/outdoor-adventure/index.html> for Outdoor Adventure rentals and trips

Email Heather Sadowski at hsadowsk@richmond.edu to register for the Sit & Stretch Exercises

