





# October 2008



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Brought to you by:  <b>PC Wellness Committee &amp;</b>  <a href="http://www.wellness.maricopa.edu/">http://www.wellness.maricopa.edu/</a></p> 			<p>1            3:00-3:45p Hosted silent            Meditation G163a</p> <p>4:00-4:55 Yoga Basics            Rm. G163 w/Liz</p>	<p>2            2:00-2:30p Qi Gong G163a w/            Patricia Z.</p>	3	4
5	<p>6            3:00-3:45p Hosted Silent            meditation G163a</p> <p>4:00-4:55 Yoga Basics            Rm. G163 w/Liz</p>	<p>7            11:00 Walk-meet @            Sophomore Square            Blood Pressure Screening</p>	<p>8            2:00 Walk-Sophomore Square            3:00-3:45 Hosted silent            Meditation G163a</p> <p>4:00-4:55 Yoga Basics            Rm. G163 w/Liz</p>	<p>9            2:00-2:30p Qi Gong G163a w/            Patricia Z.</p>	10	11
12	<p>13            2:00 Walk-Sophomore Square            3:00-3:45p Hosted Silent            meditation G163a</p> <p>4:00-4:55 Yoga Basics            Rm. G163 w/Liz</p>	<p>14            11:00 Walk-meet @            Sophomore Square            Blood Pressure Screening</p>	<p>15            2:00 Walk-Sophomore Square            3:00-3:45p Hosted silent            Meditation G163a</p> <p>4:00-4:55 Yoga Basics            Rm. G163 w/Liz</p>	<p>16            2:00-2:30p Qi Gong G163a w/            Patricia Z.</p>	17	18
19	<p>20            2:00 Walk-Sophomore Square            3:00-3:45p Hosted Silent            meditation G163a</p> <p>4:00-4:55 Yoga Basics            Rm. G163 w/Liz</p>	<p>21            11:00 Walk-meet @            Sophomore Square            Blood Pressure Screening</p>	<p>22            2:00 Walk-Sophomore Square            3:00-3:45p Hosted silent            meditation G163a</p> <p>4:00-4:55 Yoga Basics            Rm. G163 w/Liz</p>	<p>23  <b>WELLNESS LECTURE</b>            Noon~ So.Gym Conf. Rm.            2:00-2:30p Qi Gong G163a w/            Patricia Z.</p>	<p>24            2:00-4:00p Seeds of the            True Self: Wholeness            S.Gym Conference Room</p>	25
26	<p>27            2:00 Walk-Sophomore Square            3:00-3:45p Hosted Silent            meditation G163a</p> <p>4:00-4:55 Yoga Basics            Rm. G163 w/Liz</p>	<p>28            11:00 Walk-meet @            Sophomore Square            Blood Pressure Screening</p>	<p>29            2:00 Walk-Sophomore Square            3:00-3:45p Hosted silent            meditation G163a</p> <p>4:00-4:55 Yoga Basics            Rm. G163 w/Liz</p>	<p>30            2:00-2:30p Qi Gong G163a w/            Patricia Z.</p>	<p>31  </p>	