



JCU FIT UPCOMING EVENTS!

IN PERSON EVENTS

- **JCU FIT Spring into Fitness Event in Collaboration with Tower Time!**
March 30, 12-2pm, Dolan Atrium & Reading Room



- Portal Sign Up Assistance and bonus portal points!
- Fantastic raffle prizes!
- JCU FIT vendors and partners!
- Fun activities: games, demos, massage chairs, Parkhurst samples, and more!

- **Parkhurst healthy cooking demonstration**

April 8, 12-1pm, O'Dea Room in the LSC

- Join us for a demonstration as well as a sample of a Healthy Grain Bowl!

- **LIV NOW: An Action Plan to “Live with Incredible Vibrancy”**

April 26, 8:30-9:30am, Jardine Room in the LSC

May 10, 8:30-9:30am, Jardine Room in the LSC

- Presented by Leslie Beck, HRIS Analyst at JCU, Co-Chair of JCU FIT, and Independent Master Certified Health & Wellness Coach
- Session 1: Discover the Importance (why) of creating healthy lifestyle changes
- Session 2: Understand your body and how your lifestyle decisions affect it

- **Yoga with Rashida**

March 2 – May 18, 12-1pm, Fitness Room

- Vinyasa-based yoga suitable for all levels of fitness

VIRTUAL EVENTS

- **Virtual Yoga with Amy Cronin**

Saturdays through May 14th, 9am

- Registration required - can be done through the web portal

- **March:** Virtual Health Talk - Portal Card

- **April:** TIAA Financial Challenge - Portal Challenge