

Bring your
Friends!
All are welcome
to attend!

The Nell Mitchell Wellness Lecture Series

SUMMER

2019

Find Freedom From Foot Pain

Tues June 25
1:00pm GYM007

Tues June 25
5:00pm GYM007

Lower Body Sculpting Workout

Fri June 28
9:15am GYM007

Fri June 28
2:15pm GYM007

How to Build Better Balance

Tues July 2
1:00pm GYM007

Tues July 2
5:00pm GYM007

Sleep Well: Keys to Understanding & Enhancing Your Sleep

Mon July 8
2:15pm GEB233

Wed July 10
5:15pm GEB233

Walking For Health

Thur July 11
9:15am COM Plaza

Fri July 12
2:15pm COM Plaza

Diet & Mental Health

Tues July 16
5:15pm GEB233

Wed July 17
5:15pm GEB233

Students in the Lifetime Fitness credit class may earn 30 points for each lecture topic attended & may earn workout points on the same day. Schedule changes will be posted in the fitness center. Contact the [fitness center \(913\)469-4432](tel:9134694432) or Joe Weis at jweis@jccc.edu with questions.