



2020

Wellness

Series

Semper Fit and Behavioral Health

# A HOLISTIC APPROACH

TO THE MIND, BODY, EMOTIONS, BEHAVIOR, SAVINGS AND SUCCESS

- Jan 16** **New Year Cleanse** - Desert View Housing Community Center | 9am-10am  
Meditation & Mindfulness
- Feb 20** **Heart Healthy Aerobics** - Semper Fit Fitness Center | 9am-10am  
Adult Aerobics class
- Mar 19** **Pot O' Gold Financial Aid 101** - McTureous Hall | 9am-10am  
Financial Aid Information and assistance with FAFSA
- Apr 16** **Desert Gardening** - Desert View Housing Community Center | 9-10am  
Desert Gardening class
- May 21** **Resume Tips** - McTureous Hall | 9am-10am  
Resume tips from the Career Resource Center
- Jun 18** **Mommy, Daddy & Me Water Aerobics** - Oasis Pool & Water Park | 9am-10am  
Basic water aerobics for infants and toddlers
- Jul 16** **Every-Body Loves Yoga** - Semper Fit Fitness Center | 9am-10am  
Yoga class focused on stress relief
- Aug 20** **Spin to Slim Cycling Class** - Semper Fit Fitness Center | 9am-10am  
Indoor cycling spin class
- Sep 17** **Sing & Sign** - Desert View Housing Community Center | 9am-10am  
Baby & toddler basic Sign Language class
- Oct 15** **Candy & Communication** - Desert View Housing Community Center | 9am-10am  
Communication class based on different personalities and candy
- Nov 19** **Turkey Bowling** - Leatherneck Lanes | 11am-Noon  
Discounted bowling \$2 lane and shoe rental, Bowl a turkey and get a prize
- Dec 17** **Seasoned Greetings** - Desert View Housing Community Center | 9am-10am  
Healthy holiday cooking class with a focused on using essential oils

For more information, call (760) 577-6817/6533