

Shape Up CSI May 2016

Sunday	Monday	Tuesday	Wednesda	Thursday	Friday	Saturday
1	2 12:15 PM Track walk	3	4	5 12:15 PM Track walk	6 Knowledge is Health... Samantha RD From Shop Rite 12:00 PM, 1A-308	7
8 Mother's Day	9 12:15 PM Track walk	10	11	12 Strength Training, Marianne McLaughlin 12:00 PM, 1R (Gym @ bottom of Stairs)	13	14
15	16 12:15 PM Track walk	17 Mindfulness and Yoga, Donna Scimeca 12:00 PM, location TBD	18	19 12:15 PM Track walk	20	21
22	23 Acupuncturist, Clara Chan 12:00 PM, 1A-308 RSVP a must! *	24	25	26 12:15 PM Track walk	27	28
29	30 Memorial Day ENJOY the day OFF !!!	31				

May 23 event RSVP to Joanne @ 3690