

# TCBY Month

Take Care of the Body that's Yours!!!!

FEBRUARY 2002

STRESS MANAGEMENT WORKSHOP	FREE LUNCH	Tuesday, Feb. 5 / 12:15 p.m. TV Lounge – Student Center
WELLNESS FAIR	FREE TCBY YOGURT	Wednesday, Feb. 6 / 12 noon Student Center Lobby
SELF DEFENSE WORKSHOP	FREE LUNCH	Thursday, Feb. 7 / 12:15 p.m. Student Center Commons
AEROBICS CLASSES Feb. 12: Floor Aerobics Feb. 19: Step Aerobics Feb. 26: Stretching & Toning	FREE LUNCH	Tuesday, Feb. 12 / 12:15 p.m. / Gym Tuesday, Feb. 19 / 12:15 p.m. / Gym Tuesday, Feb. 26 / 12:15 p.m. / Gym <div style="border: 1px solid black; padding: 2px; display: inline-block;">Free Lunch on Feb. 12 &amp; 19</div>
TIME MANAGEMENT	FREE LUNCH	Wednesday, Feb. 13 / 12 noon TV Lounge / Student Center
CLOTHESLINE PROJECT: A Project Honoring the Female Victims of Abuse		Thursday, Feb. 14 / 12:15 p.m. Student Center Commons <b>FREE TREAT BAGS</b>
VALENTINE'S DANCE "DIAMONDS TO DENIM" <i>(Dress up or wear casual clothes)</i>		Friday, Feb. 15 / 8 p.m. – 12 mid. Student Commons
FITNESS ASSESSMENT WORKSHOP	FREE LUNCH	Wednesday, Feb. 20 / 12 noon Wellness Center – Student Center
BENCH PRESS CONTEST	PRIZE MONEY	Monday, Feb. 25 Wellness Center – Student Center Sign up in Student Services

**FREE LUNCH** Subs, Chips, & Bottled Water will be served to the first 30 participants to arrive at those events designated as "Free Lunch" events!

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