AROUND TOWN

Foundations of Wellness

March 9
Black River Rat Race - Holland MI
http://classrace.com/race-calendar/?cal_month=2&cal_year=2013

March 16
Spectrum Health Irish Jig
http://classrace.com/race-calendar/?cal_month=2&cal_year=2013

March 23
Hudsonville Eagle 10K/5K run
http://classrace.com/race-calendar/?cal_month=2&cal_year=2013

March 2013

WEDNESDAYS IN MARCH

Fitness Yoga Presented by Seva Yoga
Gazelle Sports Community Room
5:45-6:45
Cost $5.00
www.gazellesports.com/events/20130307/3286
- 1 cup organic 1% low fat milk
- 1/2 teaspoon ground cinnamon
- 1/2 cup chopped pecans, toasted*
- 1/4 teaspoon organic agave nectar, such as Madhava brand

Combine milk, water and quinoa in a medium saucepan. Bring to a boil over high heat. Reduce heat to medium-low, cover and simmer 15 minutes or until most of the liquid is absorbed. Turn off heat; let stand covered 5 minutes. Stir in blackberries; top with two bowls of yogurt and top with pecans. Drizzle 1 tsp. agave nectar over each serving.

Healthy Recipes

FRIDAYS

March 1
Lunch & Learn - "Fat, Sick & Nearly Dead"
10:00-11:30 a.m.
130 Applied Technology Center

March 14
Power of Play
10:00-11:30 a.m.
109 Cook Hall

March 22
Simple & Delicious Meals
130 Applied Technology Center
10:00-11:30 a.m.

THURSDAY, MARCH 14

Safety & Security on Campus
205 Smeden Fieldhouse
9:30-11:00 a.m.

THURSDAY, MARCH 15

Work/Office Organizing 101
125 Calhoun Science Center
10:00 a.m.-12:00 p.m.

THURSDAY, MARCH 22

Home Organization 101
125 Calhoun Science Center
10:00 a.m.-12:00 p.m.

THURSDAY, APRIL 4

Lombardia, Italy - "Fat, Sick & Nearly Dead"
234 Student Center
11:00 a.m.-12:00 p.m.

FRIDAY, APRIL 16

Whole Foods - Eliminating Processed Foods
130 Applied Technology Center
9:30-11:00 a.m.

Partnerships

Are you familiar with the partnerships we have here at GRCC regarding wellness opportunities? One of our wonderful partners is GVSU. Due to our partnership with GVSU, you are welcome to attend any of their staff development learning opportunities along with all of their wellness exercise classes. They have classes on their downtown Pew campus and the downtown YMCA.

To see their current offerings please click here: www.gvsu.edu/healthwellness/faculty-staff-group-exercises--100.htm

GET INVOLVED

Are you looking for a way to enrich your life? Are you looking to pour into someone or something? Volunteering is a wonderful way to boost your happiness and bring joy to others! Could you give an hour of your time once per week? Maybe once per month? Maybe even once per year? The Kids Food Basket is a wonderful organization that can put you to good work! They pack and deliver nearly 5,000 Sack Suppers and need 175 volunteers every single day. To make a difference locally is essential to building a strong community. If you would like to get your hands dirty or just learn more, here is how: www.kidsfoodbasket.org/volunteer/volunteer

Wellness News Brought to You by GRCC Staff Development

Grcc Learning Opportunities

Rallying 101
10:00-11:30 a.m.
109 Cook Hall

March 11
Home Organization 101
125 Calhoun Science Center
10:00 a.m.-12:00 p.m.

March 14
Safety & Security on Campus
205 Smeden Fieldhouse
9:30-11:00 a.m.

FRIDAY, MARCH 22

Simple & Delicious Meals
130 Applied Technology Center
10:00-11:30 a.m.

THURSDAY, APRIL 4

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Partnerships

Did you know that we should drink water? And most of us know that we should drink more water. There is no easy answer to fit everyone on how much water you should drink. Your water needs are dependent on multiple factors including activity level, health and what part of the world you live in.

Lack of water can lead to dehydration. Dehydration (even mild) can be an energy drain and lead to fatigue. Lack of water can lead to dehydration. Dehydration (even mild) can be an energy drain and lead to fatigue. Lack of water can lead to dehydration. Dehydration (even mild) can be an energy drain and lead to fatigue.

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