# HEALTH AND WELLNESS WEEK
**APRIL 9 – 13, 2012**
**SCHEDULE OF ACTIVITIES**

## WALK RUN EVENT
- **Date:** Saturday, April 7, 2012
- **Time:** 11:00 am
- **Registration:** 3/01 – 3/23/2012
- **Location:** Grigsby Football Field
- **Sponsored by:** Professional Development and the Chaffey College Bookstore.

## Workshop: Farmscape
- **Date:** Monday, April 9, 2012
- **Time:** 10:00 – 11:00 am
- **Location:** HS-132
- Farmscape is an urban farming company that works with customers to set up high-yielding vegetable gardens. Presented by: Farmscape, Inc.

## Workshop: Fitting Physical Activity into a Busy Schedule
- **Date:** Tuesday, April 10, 2012
- **Time:** 11:00 am – 12:00 pm and 1:00 pm – 2:00 pm (respectively)
- **Locations:** SS-110 and SS-104 (respectively)
- In this workshop you’ll find real things you can do to stay active even when you’re busy!! Presented by: Healthyroads Management*

## Cooking Contest: Healthy Salads
- **Guidelines for cooking contest will be sent via email on 3/30/12**
- **Question Contest will begin on 3/30/12 (six questions)**

## Workshops: Chair Yoga and Core Resistance Exercises at your Desk
- **Date:** Thursday, April 12, 2012
- **Time:** 10:00 – 11:00 am and 2:00 – 3:00 pm (respectively)
- **Locations:** HS-132 (for both workshops)
- In these workshops you’ll find out how to squeeze in a workout in your cubicle!! Presented by: Healthyroads Management*

## Workshop: Healthy Dinners in Half the Time
- **Date:** Friday, April 13, 2012
- **Time:** 11:00 am – 12:00 pm and 12:00 – 1:00 pm
- **Location:** HS-132 (for both workshops)
- In this workshop you will learn how to organize your kitchen; how to stock your shelves and be able to whip out great-tasting, healthy meals in minutes. Presented by: Healthyroads Management*

* A $100 GIFT BASKET WILL BE AWARDED AT THE END OF EACH HEALTHYROADS WORKSHOP.

Contact Angie Horton at angie.horton@chaffey.edu to register for workshops or if you have questions.