

PROJECT GRATITUDE

Located on St. Paul Campus

MONDAY

NOVEMBER 13

11:00AM – 1:00PM and 4:00PM – 6:00PM:

Postcards Home/KIND Bar Sampling

(Outside Lower Level Locker Rooms)

TUESDAY

NOVEMBER 14

ALL DAY: Hangout in the Hammocks *(Front Desk)*

4:00PM – 6:00PM: Nutritious U

(Outside Lower Level Locker Rooms)

WEDNESDAY

NOVEMBER 15

NOON: Yoga Sculpt and Meditation *(Studio)*

11:00AM – 1:30PM and 4:00PM – 6:00PM:

Hydration Stations

(Outside of the Studio and Lower Level Locker Rooms)

THURSDAY

NOVEMBER 16

5:00PM – 7:00PM: Member Appreciation

(Near Locker Rooms)

FRIDAY

NOVEMBER 17

ALL DAY: Meditation *(2nd Floor Lounge)*