

CORNELL BIG RED REC PRESENTS

MIND & BODY AWARENESS WEEK

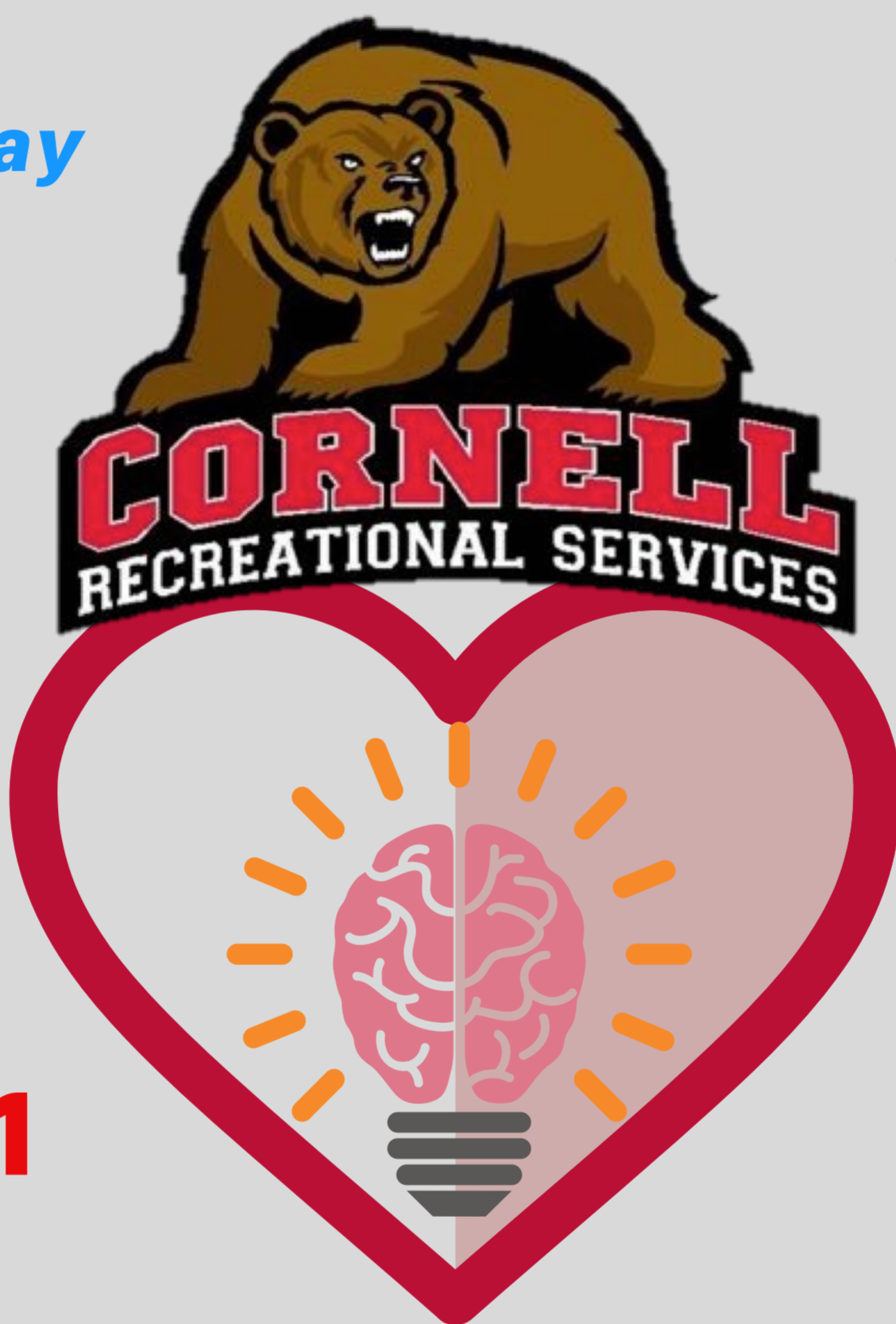
FRI. 10/18

Celebrate
Love Your Body Day
with **Cornell**
Fitness Centers



MON. 10/21

Fuel your body
with **Overnight Oats**
during **Mindfulness**
Mondays @
TATKON CENTER
8-9pm



FRI. 10/25

Fin Fitness & Fit Fun Friday
@ HNH 5:30-7:30pm

TUES. 10/22

Fuel your body
with **Toast Bar**
& **Trivia** during **Spa**
Night @ Noyes
8-10pm

THUR.
10/24

HIIT at Home
(pre-register online
for more info)
Domestic Violence
Awareness Tabling
@ HNH all day

OCT. 21-25 FREE ACCESS to
Fitness Centers & Group Classes



@bigredrec