

WELLNESS PROGRAMS @ THE WOMEN'S CENTER



*Pre-registration required.

YOGA

**FRIDAYS, 10:30-11:30AM
9.18–10.23**

**LOCATION:
WOMEN'S CENTER**

Description: **Men & Women Welcome**
Open to all levels, men, women, campus & larger community. Cost: \$5/student or \$10 for staff/community members.

MISSION: The Women's Center strives to build the personal, academic and professional capacity of women by providing opportunities to connect, serve and lead.

VISION: We endeavor to help women and men of all walks of life to learn to work, play, and live together in ways based on mutual respect by:

- Providing resources and education
- Creating a welcoming place for women to connect
- Promoting an environment that values diversity
- Promoting engagement between students, faculty and community in the context of women's issues and needs.

JIU JITSU (SELF-DEFENSE)

**MONDAYS, 6:30-8PM
9.14–10.26**

**LOCATION:
WOMEN'S CENTER**

Description: **Women Only***
Open to all levels, campus & larger community. Cost: \$5/student or \$10/staff/community members.



*Pre-registration required. Restricted to women due to nature of course.



For more information: www.uwosh.edu/womenscenter or 920.424.0963