Summer Wellness Sampler

**Bike to Work**
*May 17*
Dust off your bike from winter. Check the tires, the cranks, chain, cassette, brakes, and quick release mechanics. If your bike is ready, pick a safe route and ride to work on your own.

**Group Ride**
*May 17*
Join Jordan Lutz at the arch outside Deputy Hall with your bike and helmet for a ride to the Mississippi river and back. Bikes roll out at 4:30 pm.

**Sand Volleyball**
*May 29*
Join Erika Bailey Johnson and other co-workers at the sand courts at 4:30 pm by Oak Hall for a friendly game of volleyball.

**Relaxation Breathing**
*June 6*
Join Angie Gora to learn the basics of posture along with breathing techniques to help you clear your mind and relax. Breathing begins at 12:15 pm in Bridgeman 305.

**Bog Walk**
*June 18*
Join Kim Fisher for a leisurely walk at Lake Bemidji State Park. Meet in the parking lot inside the park between the playground and the beach. A MN state park vehicle permit required. Walk begins at 4:45 pm.

**Adaptive Resistance Training**
*June 26*
Join Jay Passa at the Weight Room at Gillett Wellness Center from 12:15-12:45 to learn basic weight and resistance training to help you perform daily functioning.

**Kayak or Tube the Mississippi**
*July 30, 2019*
Spend an hour or two on the Mississippi River, starting at the bridge on Power Dam Road and ending at the bridge at Roosevelt Road. This is a beautiful stretch of river with a short stretch of rocks with fast water. Meet in the Bangsberg parking lot at 4:15 pm to car pool/shuttle. Bring your own life jacket, some kayaks with paddles will be available. Alternate date in case of inclement weather will be July 31. RSVP to Tammy.rogers@bemidjistate.edu by July 26.