



FITNESS AT YOUR FINGERTIPS

Do you have a computer or a smartphone? Would you like to use these tools to help you with fitness and nutrition? Discover exciting and useful fitness and nutrition apps, gadgets and websites. Learn how to incorporate these into your fitness routine to optimize your results.

DISTRICT OFFICE

3/5/2020

1:00 - 2:00 pm

Room: A206

EAST CAMPUS

3/12/2020

2:00 - 3:00 pm

Room: Community Room

M&S

3/24/2020

9:00 - 10:00 am

Room: MS105

DOWNTOWN

4/2/2020

1:00 - 2:00 pm

Room: Copper Room

Sign Up at pcc.acuityscheduling.com



PimaCommunityCollege
Employee Wellness Program



Earn 2 PCC Wellness Opportunity Points
for the Pima Healthy Rewards Program