

## HIGHLIGHTS FROM OUR PARTNERS

### **MC Wellness: Spring Into Wellness**

MC Wellness continues to offer a variety of opportunities to support your health and well-being. We welcome you to participate in our special events.

Yoga will be offered at Central Services (CT) BOT Gallery S108, 12:15 p.m. on Wednesdays in April. A relaxing yoga class for all levels. Please [register for the wellness program](#) before attending.

April 18, Equity Walk/Run for Employees, Students, Retirees, and Spouses, Rockville (RV) Campus, 12:30 p.m.

Join Student Life, PHED Exercise is Medicine, and MC Wellness for the Equity Walk/Run. Let's come together to promote wellness and equity in our community. [Register today](#).

Update on the MC Wellness 8-Week, 10K-A-Day Movement Challenge

Since March 6, 2024, 151 MC employees have collectively taken 26,278,346 steps. Congratulations to all participants for their dedication to health and wellness! Let's continue to keep the momentum going and support each other in remaining active and healthy.

OEI

### **The Office of Equity and Inclusion proudly presents Equity Week 2024**

Please join us, on April 15–19, 2024, for Equity Week 2024. Help us make this another successful week in which we celebrate our differences and educate ourselves through conversations of shared experiences, participatory dialogues, keynote speakers, events, facilitated training, and more. We are programming an action-packed week that includes programming by our students, faculty, and staff. Sessions will help individuals develop and apply personal and professional practices that build an inclusive environment, equitable student success, and employee career growth and fulfillment. We invite students and employees from the MC community to save these dates and come out to celebrate, share, learn, and help educate each other.

[.Learn more](#)