

HIGHLIGHTS FROM OUR PARTNERS

Partners



MC Wellness: Wellness and Fitness Open House on March 22

Join us for the Wellness and Fitness Open House on **Thursday, March 22 from noon–2:45 p.m.** at [Senz Yoga, Barre, and Cycle](#).

Any MC employee, spouse, or retiree may attend the MC Wellness hosted event for free that will be filled with wellness activities, raffles, giveaways, healthy snacks, and more.

[Registration](#) is required to participate in the cycling and yoga classes.

Schedule of Events

Noon–12:15 p.m. Sign In

12:15–12:35 p.m. Cycle Fit Ride (cycling, weights)

12:45–1:15 p.m. Nutrition and Stress Presentation

1:15–1:45 p.m. Zen Cycle Ride (barre, cycling, meditation)

1:45–2:15 p.m. Red Light Therapy and Relaxation Demos

2:15–2:40 p.m. Senz Yoga and Meditation

[Senz Yoga, Barre, and Cycle](#)

14925 Shady Grove Road, Unit A
Rockville, MD 20850

Senz is located in the Falls Grove Village Center, adjacent to Chipotle, FedEx, and St. Veg. If you need a disability-related accommodation or have any questions, please contact [Megan Cooperman](#).

Staff Enrichment Day



Each year, the College designates a day for the purpose of bringing associate and support staff, both bargaining and non-bargaining, together for professional and personal growth. The collegewide Staff Enrichment Day (SED) is held during spring break every year and is rotated between the three campuses (Takoma Park/Silver Spring, Rockville, and Germantown).

SED offers professional and personal development workshops, a chance to network with other staff, and is the venue at which the Staff Distinguished Service Award is presented. All bargaining and non-bargaining associate and support staff are welcome and encouraged to attend. In addition, a certificate is given to each staff member who has recently completed a certificate or degree program.

Staff Enrichment Day will take place on Wednesday, March 15, 2023, on the Takoma Park/Silver Spring campus. College's services will be suspended until 2:00 PM so staff can attend.

[Learn more...](#)



Innovation Fund Grants

The Innovation Fund has up to \$40,000 for projects that develop hybrid strategies that lead to increased enrollment, retention, and student engagement causing students to succeed and obtain their educational goals.

[Learn more...](#)

March 2023