

Home Stay

Residence Life + Campus Rec



October

Friday 10/4 5pm Bootcamp + Healthy at Home
snacks (MAC Court, Rec Center)

Monday 10/21 6pm Swappportunity Meal Prep +
Movie Night (Allegheny)

November

Friday 11/8 5pm Zumba + Zucchini...and other
squash! (Tyson)

Monday 11/18 6pm Healthy Friendsgiving Sides:
Campus Pantry (Commonwealth)

December

Friday 12/6 5pm Evening Yoga + Focus Foods
(Goshen)

Monday 12/9 6pm Healthy Snacks + Movie Night
(Brandywine)

Questions? Contact:

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