



Monday, Wednesday & Friday		Tuesday and Thursday	
Time	Activity	Time	Activity
8:30am	Walking	8:30am	Walking
	Guided Meditation / TED Talks		Tai Chi / Jig Saw Puzzle
	Coloring for Relaxation		Quiet Library / Knitting
10:00am	Walking	10:00am	Walking
	Tai Chi / Jig Saw Puzzle		Yoga / Easy Office Workouts
	Quiet Library / Knitting		Coloring for Relaxation
11:00am	Walking	11:00am	Walking
	Yoga / Easy Office Workouts		Guided Meditation / TED Talks
	Coloring for Relaxation		Quiet Library / Knitting
1:00pm	Walking	1:00pm	Walking
	Guided Meditation / TED Talks		Tai Chi / Jig Saw Puzzle
	Quiet Library / Knitting		Coloring for Relaxation
2:00pm	Walking	2:00pm	Walking
	Tai Chi / Jig Saw Puzzle		Yoga / Easy Office Workouts
	Coloring for Relaxation		Quiet Library / Knitting
3:00pm	Walking	3:00pm	Walking
	Yoga / Easy Office Workouts		Guided Meditation / TED Talks
	Quiet Library / Knitting		Coloring for Relaxation
4:00pm	Walking	4:00pm	Walking
	Aerobics		Aerobics
	Coloring for Relaxation		Quiet Library / Knitting

\*This schedule of activities are available for all SCCMHA employees at all board operated facilities. The sign-in sheets are located in the employee lounge cabinets and labeled with a **Better Together** sign. Please enjoy these activities in a location of your choosing (other than your office. We want you to step away from your work day). For location availability please utilize your Outlook calendar to reserve a conference room if needed. Don't be shy... Invite some coworkers to join you! And don't forget to fill out a **Better Together** slip to take advantage of your BTO benefit hours.