

SUMMER WELLNESS SERIES

*Yoga with
3L Marlee Rich*

**MONDAYS
6:00 PM CST**

*Cardio HIIT with
Kaitlyn Whittinghill*

**WEDNESDAYS
4:00 PM CST**

Live sessions will be held on Zoom at
<https://northwestern.zoom.us/my/bewell>

Mindfulness Meditation Recordings & Resources

Check out the [Be Well Website](#) for pre-recorded Mindfulness Meditation sessions with Professors Len Riskin & Cliff Zimmerman and other resources!

**CHECK THE [LAW SCHOOL CALENDAR](#) FOR MORE
SUMMER WELLNESS EVENTS AND PROGRAMS**