

MOVE FOR MENTAL HEALTH

Discover how movement can support stress management, improve mood regulation, and strengthen the connection between your mind, body & heart

Gain Points by attending classes, workshops, & events during the month of May for a chance to win prizes!

Friday, May 2nd | 1:00-3:30 PM

Tritons RISE Microadventure

@Torrey Pines Extension [SIGN UP](#)

Monday, May 5th | 10:00-10:50 AM

SunRISE Yoga

@RIMAC Activity Room 1 [SIGN UP](#)

Monday, May 5th | 5:00-5:50 PM

Roller Skating

@Muir Basketball Courts [SIGN UP](#)

Friday, May 16th | 1-3:30 PM

Leap of Faith

@Challenge Course [SIGN UP](#)

Sunday, May 18th | 10:30 AM - 1:00 PM

Surf & Flow

@Scripps Beach [SIGN UP](#)

Wednesday, May 21st | 5:00-5:50 PM

Mindfulness Studio

@Nuevo East Yoga Room [SIGN UP](#)

Friday, May 23rd | 3:00-3:50 PM

Restorative Movement

@RIMAC Activity Room 2 [SIGN UP](#)

Thursday, May 29th | 6:05-6:55 PM

Candlelight Yoga

@RIMAC Activity Room 2 [SIGN UP](#)

Friday, May 30th | 6:00-6:50 PM

Zumba

@RIMAC Activity Room 1 [SIGN UP](#)