



Schedule and Deadlines

Date	Time	Event
Mon, 10-5		Week 1 Begins - Move Your Way!
Wed, 10-7	Noon	KUMC Wellness Walk Wednesday – Meet in the Murphy Library
Thurs, 10-8	Noon	De-stress at Your Desk: Virtual Chair Yoga Zoom. Register to receive Connection Details.
Mon, 10-12		Week 2 Begins - Move KU Spirit!
Mon, 10-12	Noon	Deadline: Submit Week 1 progress & minutes (weekly tracker) & photos (teams channel or email) for random weekly prize drawing!
Tues, 10-13	12:10	Group Walk-n-Roll with Baby Jay! Meet in front of the Kansas Union.
Wed, 10-14	Noon	KUMC Wellness Walk Wednesday – Meet in the Murphy Library.
Mon, 10-19		Week 3 Begins - Move with Your Pack!
Mon, 10-19	Noon	Deadline: Submit Week 2 progress (weekly tracker) & photos (teams channel or email) for random weekly prize drawing!
Tues, 10-20	12:10	Group Walk-n-Roll with Mass St. Mutts . Meet in front of Chalmers Hall.
Wed, 10-21	Noon	KUMC Wellness Walk Wednesday – Meet in the Murphy Library
Wed, 10-21	12:10	Move-N-Learn: Mindful Movement-Diving Inside, Listening Deeply. In-person. Lawrence Campus-Robinson Ctr, Dance Studio, Rm 250
Mon, 10-26		Week 4 Begins – Move to the Beat!
Mon, 10-26	Noon	Deadline: Submit Week 3 progress (weekly tracker) & photos (teams channel or email) for random weekly prize drawing!
Tues, 10-27	Noon	Lunch-N-Learn: Building a Sustainable Fitness Routine with Taylor Getz Zoom. Register to receive connection details.
Wed, 10-28	Noon	KUMC Wellness Walk Wednesday – Meet in the Murphy Library
Thurs, 10-29	12:10	Group Walk-n-Roll with members of the Marching Jayhawks. Meet in front of Watson Library.
Sun, 11-1		Last day of Movetober
Thurs, 11-5	5:00	Last day to submit all progress & minutes (weekly tracker).
Fri, 11-6	Noon	Final Prizes & Recognition Announced! Way to Move, Jayhawks!!

Registration, Instructions, and Full Details at wellness.ku.edu/movetober

