

Spring 2024 Pre-Flex Week January 8 – January 12, 2024

Key:
In-person Session: ■
Online Session: ■

Flex activities are open to all faculty and staff. Register and find Zoom links on the [ProLearning Workshop Calendar](#).

TIME	MONDAY 1/8	TUESDAY 1/9	WEDNESDAY 1/10	THURSDAY 1/11	FRIDAY 1/12
10:00	Your Retirement Plan at Work Jeffrey Isley 10-11; Zoom		Cooking Demo - A Healthy 2024 in the Kitchen 10 - 11; Zoom	Storytelling for Success Workshop Dayna Gowan 10 - 11:30; Zoom	Beginning Movement and Flexibility Workout Charlotte Dolman 10-11; Zoom
10:30		Cultivating Compassion Through Nature Andres Edwards 10:30 - 12; AC 240			
11:00					
11:30					
12:00					
12:30					
1:00		Find the Fun in Public Speaking Workshop Dayna Gowan 1 - 2:30; Zoom	Your Retirement Plan at Work Jeffrey Isley 1 - 2; AC 240	CalSTRS: My Retirement Benefits 1 - 2:30; Zoom	
1:30					
2:00					