



**2015**  
***SDES SASI 4<sup>th</sup> Annual Wellness***

***“Living Well”***

***MAC Gym and Multi-Purpose Room 245***

***April 24, 2015***

***1 p.m. – 3:45 p.m.***



# Team Building



RWC  
Facilitators  
for Team  
Building

Group hands-on activities to accomplish tasks as a team and improve communication.



# Team Building





# Team Building



# Team Building





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# Team Building



# Team Building



# Self-Defense Awareness

S.A.F.E. instructors are UCF Officers who have been trained by the National Self-Defense Institute. Learn different tactics and considerations which can be useful in various types of encounters.



Officer Pete Stevens, UCF Police





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