Stay active while working from home
Check out the Recreation and Wellness Center’s virtual fitness classes offered multiple times throughout the week. Classes are being led by Stanford’s group exercise instructors via Zoom to help keep you moving while we shelter in place.

Record your podcast from home with SRWC Digital Media Production Studio
The SRWC Digital Media Production Studio now offers fully remote podcast production services to Stanford’s distributed workforce, in light of COVID-19.

Join the nearly 800 employees on the SRWC Slack workspace
The SRWC Community workspace now boasts almost 800 members in each of its channels. The workspace serves to build community and keep you informed of time-sensitive updates. It’s a convenient way to stay engaged with colleagues, updated on announcements and connected on other topics of interest.

SRWC art collection now available virtually
Do you miss walking the floor of your building and seeing the vibrant murals, contemporary lithographs and collection of paintings? Now during the shelter in place, you can browse the corridors and hallways and take in its ambitious and stunning art collection, virtually! From the comfort and safety of your home, peruse through SRWC’s new virtual gallery, featuring nearly 150 pieces of art by title, artist, media type, building and floor.

Guidance on San Mateo County face covering order
On April 17, San Mateo County announced its Face Coverings Order that requires you to wear a face covering when around other people outside of your residence, including at work unless you are an essential worker, or you do not wear a mask, but you wear a face covering. For more, such as exceptions, visit this page.

UPCOMING EVENTS
BeWell Virtual Cardinal Walk
Thursday, May 28 | Noon - 12:30 p.m.
This year’s Cardinal Walk is going virtual. Register for the Zoom ahead of time and join for a fun, short warm-up, followed by a walk around your neighborhood. Send us a picture of yourself on the walk, and you’ll receive a BeWell T-shirt. Learn more about participating.

SRWC FACILITIES ASSISTANCE
URGENT ISSUES?
CALL 3-SRWC/(650) 723-7792
WORK REQUESTS?
Submit work requests here
To ask questions or provide feedback, email srwc-operations@stanford.edu

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