

JULY WELLNESS: MOVEMENT MINDSET 2024



July 9
**Fitness Connect
Community Call**
10-10:15 a.m. CT
Registration Link



July 11
**Building a Movement
Mindset Webinar**
10-11 a.m. CT
Registration Link



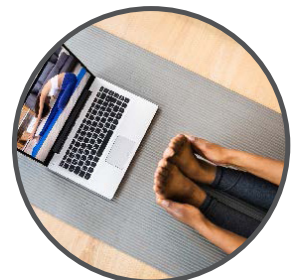
July 16
**Strength Training: Building a
Stronger You Webinar**
10-11 a.m. CT
Registration Link



July 22-26
**Power Surge: 5-Day
Strength Training Challenge**
Event Link



July 25
**Nutrition Connect
Community Call**
10-10:15 a.m. CT
Registration Link



**Join the Virtual Fitness
Community via Zoom**
Calendar Link