

STATE-WIDE

POWER SURGE: 5-DAY STRENGTH TRAINING CHALLENGE

JULY 22-26, 2024

SELF-PACED, 15-20 MINUTE VIDEOS
EMAILED DAILY

SCAN THE QR CODE OR GO TO:

[HTTPS://ERS.TEXAS.GOV/EVENT-CALENDARS/WELLNESS-EVENTS](https://ers.texas.gov/event-calendars/wellness-events)



SCAN HERE!