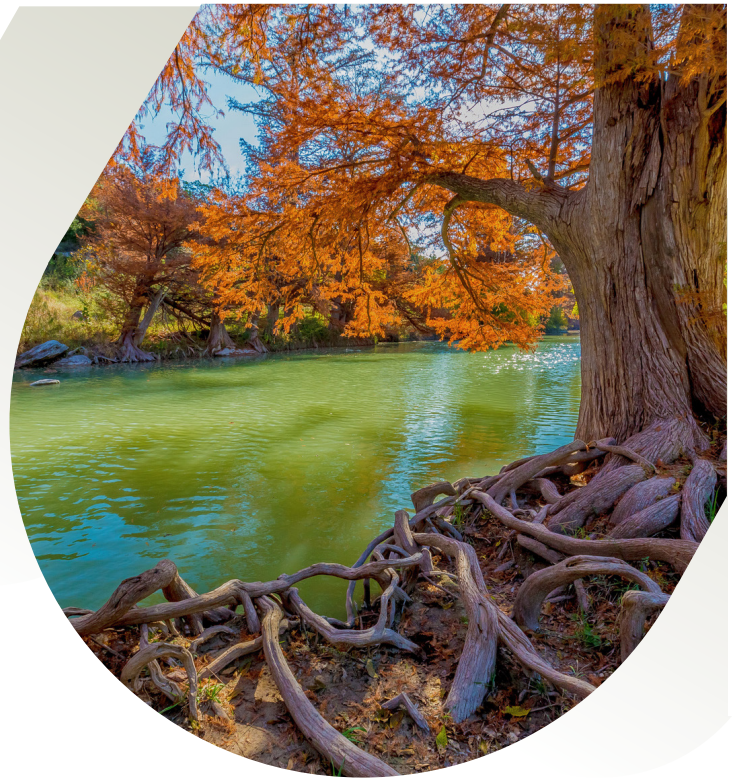


JUNE: HEALTH BENEFITS OF NATURE 2024



Events:



June 11
Fitness Connect Community:
Let's Get Back to the Basics

10-10:15 a.m. CT
[Registration Link](#)



June 13
Nature & Your Health with
Jesus Aguirre

10-11 a.m. CT
[Registration Link](#)



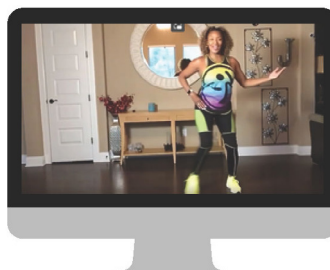
June 25
Nutrition Connect
Community:
Nutrition for Hydration

10-10:15 a.m. CT
[Registration Link](#)

All-year resources:



Listen to the
[ERS Walk & Talk Podcast](#)



Join a [Virtual Fitness Class](#).



Complete a [Catapult Health Virtual Checkup](#)