

JULY WELLNESS: MOVEMENT MINDSET 2022



July 11-31
Participate in classes,
log them, win prizes!
No registration required.
Virtual Fitness Calendar



July 12
Fitness Connect
Community
What moves You?
10 – 10:15 a.m. CT
[Registration Link](#)



July 14
Buidling a Movement
Mindset.
10 – 11 a.m. CT
[Registration Link](#)



July 20
Journeyto Wellness
HealthSelect Benefits
Overview
10 – 10:45 a.m. CT
[Registration Link](#)



Do something good for your
physical and mental health
by taking a walk with us!
[Available through most major](#)
[podcast streaming platforms!](#)

“
Take care of
your body.
It's the only
placeyou have
to live.”
–Jim Rohn
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