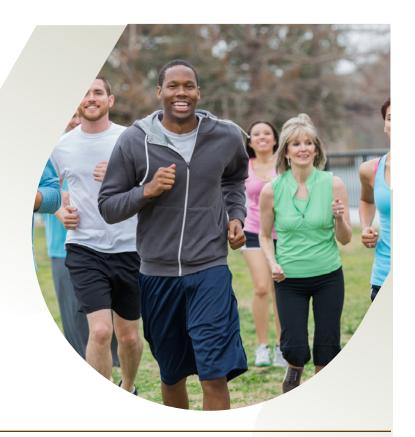


JULY WELLNESS: MOVEMENT MINDSET 2023





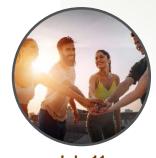
July 6
Building a Movement
Mindset Webinar

10-11 a.m. CT Registration Link



July 10-30 21-Day Fitness Challenge! Participate, log, win prizes! No registration required.

Access the Calendar



July 11
Fitness Connect Community:
What Moves You?

10-10:15 a.m. CT Registration Link



July 19 Journey to Wellness HealthSelect Benefits Overview

> 10-10:45 a.m. CT Registration Link



July 20 Creative Ways to Move with the DPS Fitness Team

> 10-11 a.m. CT Registration Link



July 25
Nutrition Connect Community:
Pre and Post Workout
Nutrition

10-10:15 a.m. CT Registration Link