

# 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](#)

**[Register for these and more through the ERS Wellness Events Calendar](#)**