

MAY 2024

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SALSA RECIPE CONTEST!

MAY 15TH

11:00AM- 1:00PM

CALLING ALL SALSA LOVERS!
CONTESTANTS & TASTERS WANTED!

PRIZES

- PRO SERIES VEGETABLE CHOPPER
- TACO BAR SERVING SET
- BLENDJET



PRIZES ARE COURTESY OF THE COUNTY HEALTH PLAN AND MAY BE SUBJECT TO TAXATION



WELLNESS CREDIT PROGRAM

- PROGRAM OPENS MAY 20TH
- SAVE MONEY ON HEALTH INSURANCE BY COMPLETING YOUR WELLNESS CREDIT
- LOG INTO [YOUR PATHWAY TO WELLNESS PORTAL](#) TO LEARN MORE

DEADLINE AUGUST 16TH



Your Pathway to Wellness

			1	2	3
			<p>FITNESS CLASS 12:30PM: Yoga 101 5:00PM: Vinyasa Flow</p>	<p>GUIDED MEDITATION 11:45AM: Sound Bath 12:30PM: Sound Bath</p>	<p>CRAFT STATION 10:00AM - 2:00PM WALK- INS WELCOME</p>
	6	7	8	9	10
	<p>HEALTH EDUCATION UNDERSTANDING DIABETES 12:00PM</p>	<p>CARD MAKING 11:45AM 12:30PM</p>	<p>CARD MAKING 11:45AM 12:30PM FITNESS CLASS 5:00PM: Yin Yoga</p>	<p>CRAFT ACTIVITY 11:45AM- Picture Frame 12:30PM- Picture Frame</p>	<p>CRAFT STATION 10:00AM - 2:00PM WALK- INS WELCOME</p>
	13	14	15	16	17
	<p>HEALTH EDUCATION UNDERSTANDING DIABETES 12:00PM</p>	<p>FITNESS CLASS 11:45AM: Core Strength 12:30PM: Core Strength 5:00PM: Yoga Sculpt</p>	<p>SPECIAL EVENT  SALSA RECIPE CONTEST! 11:00AM - 1:00PM FITNESS CLASS 5:00PM: Vinyasa Flow</p>	<p>GUIDED MEDITATION 11:45AM: Sound Bath 12:30PM: Sound Bath</p>	<p>CRAFT STATION 10:00AM - 2:00PM WALK- INS WELCOME</p>
	20	21	22	23	24
	<p>HEALTH EDUCATION UNDERSTANDING DIABETES MEATLESS MONDAY MEAL PREP DEMO 12:00PM</p>	<p>FITNESS CLASS 11:45AM: Core Strength 12:30PM: Core Strength 5:00PM: Yoga Sculpt</p>	<p>FITNESS CLASS 12:30PM: Yoga 101 5:00PM: Yin Yoga</p>	<p>CRAFT ACTIVITY 11:45AM- Picture Frame 12:30PM- Picture Frame</p>	<p>CRAFT STATION 10:00AM - 2:00PM WALK- INS WELCOME</p>
	27	28	29	30	
	<p>WELLNESS CREDIT OPENS </p>	<p>FITNESS CLASS 11:45AM: Core Strength 12:30PM: Core Strength 5:00PM: Yoga Sculpt</p>	<p>FITNESS CLASS 12:30PM: Yoga 101 5:00PM: Vinyasa Flow</p>	<p>GUIDED MEDITATION 11:45AM: Sound Bath 12:30PM: Sound Bath</p>	<p>FOR VIRTUAL WELLNESS ACTIVITIES CLICK HERE! </p>