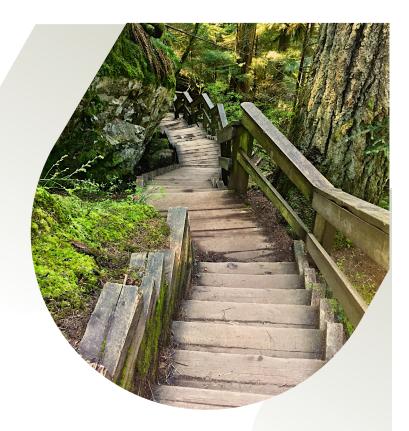


JUNE WELLNESS: GREAT OUTDOORS & MEN'S HEALTH 2022





June 14 Fitness Connect Community: Get Fit Outdoors.

10 – 10:15 a.m. CT Registration Link



June 30 Nature & Your Health with Heather Kuhlken, Outdoor Educator

> 10 – 11 a.m. CT Pre-registration Link



June 15 Journey to Wellness: HealthSelect Wellness Benefits Overview

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



Weekly LIVE Virtual Classes No COST! Zumba, Stretch & Flex, Barre 10 – 11 a.m. CT Access and Book mark the calendar.



June 23 Men's Health & Human Performance with Russell Frohardt, Ph.D.

> 10 – 11 a.m. CT Registration Link



Take wellness with you with the ERS Walk & Talk Podcast!

10 – 11 a.m. CT <u>Available through most major</u> <u>podcast streaming platforms!</u>

See the full list of offerings through the <u>ERS Wellness Events Calendar</u>