

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 15
Journey to Wellness:
HealthSelect Wellness
Benefits Overview

10 – 10:45 a.m. CT
[Registration Link](#)



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

10 – 11 a.m. CT
[Registration Link](#)



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

10 – 11 a.m. CT
[Pre-registration Link](#)



Weekly LIVE Virtual Classes
No COST!
Zumba, Stretch & Flex, Barre

10 – 11 a.m. CT
[Access and Book mark the calendar.](#)



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

10 – 11 a.m. CT
[Available through most major
podcast streaming platforms!](#)