

# JUNE: GREAT OUTDOORS & MEN'S HEALTH 2023



**June 8**  
**Great Outdoors: Texas**  
**State Parks Overview with**  
**Tara Humphreys**  
10:00 – 11:00 a.m. CT  
[Registration Link](#)



**June 13**  
**Fitness Connect Community**  
**Summer Workout Tips**  
10:00 – 10:15 a.m. CT  
[Registration Link](#)



**June 21**  
**Journey to Wellness**  
**HealthSelect**  
**Benefits Overview**  
10:00 – 10:45 a.m. CT  
[Registration Link](#)

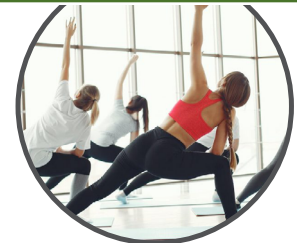


**June 27**  
**Nutrition Connect**  
**Community**  
**Outdoors & Heat:**  
**How to Eat**  
10:00 – 10:15 a.m. CT  
[Registration Link](#)



**June 29**  
**Wellness for Men:**  
**Live Better, Longer**  
**with Dr. Alex Lesko, M.D.**  
10:00 – 11:00 a.m. CT  
[Registration Link](#)

**No-Cost Virtual Fitness!**



**15 & 30-minute sessions!**  
**Join Instructor-led Zumba,**  
**yoga, strength training and**  
**more!**  
[Virtual Fitness Calendar Link](#)