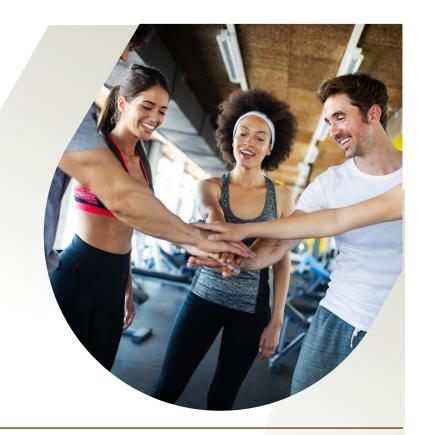


JULY WELLNESS: MOVEMENT MINDSET 2022





July 11-31 Participate in classes, log them, win prizes! No registration required. Virtual Fitness Calendar



July 20 Journeyto Wellness HealthSelect Benefits Overview 10 – 10:45 a.m. CT

0 – 10:45 a.m. CT Registration Link



July 12 Fitness Connect Community What moves You?

10 – 10:15 a.m. CT Registration Link



Do something good for your physical and mental health by taking a walk with us!

Available through most major podcast streaming platforms!



July 14 Buidling a Movement Mindset.

10 – 11 a.m. CT Registration Link

Take care of your body. It's the only placeyou have to live." -Jim Rohn

See the full list of offerings through the ERS Wellness Events Calendar