



PRESENTED BY:



## 2021 WALK EVENT CALENDAR

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	INTELLECTUAL	OCCUPATIONAL	EMOTIONAL/ SPIRITUAL	ENVIRONMENTAL	SOCIAL
10:00 AM	Flow Fit LIVE ZOOM	EnerG Exercise LIVE ZOOM	Cardio Kickboxing LIVE ZOOM	Core & More LIVE ZOOM	Dance Fitness LIVE ZOOM
11:00 AM	Gratitude Journaling Wellness Wednesday video	Nutrition & Brain Health Wellness Wednesday video	Guided Imagery Wellness Wednesday video	Tension Release Stretching Wellness Wednesday video	Laughter Yoga Wellness Wednesday video
2:00 PM	Flow Fit LIVE ZOOM	EnerG Exercise LIVE ZOOM	Cardio Kickboxing LIVE ZOOM	Core & More LIVE ZOOM	Dance Fitness LIVE ZOOM
3:00 PM	SHARE WITH US!*	SHARE WITH US!*	SHARE WITH US!*	SHARE WITH US!*	SHARE WITH US!*

\*Please reference the Walk with Aegis leader packet for activities that align with each day and the dimension of wellness featured for the "Share With Us" event.

