


JUNE 2026

BUILDING BETTER HEALTH, TOGETHER

CONTENT TYPE






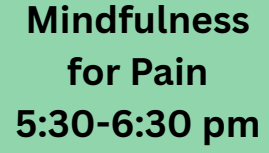

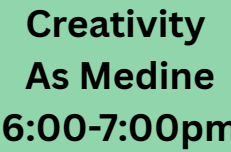



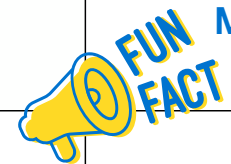
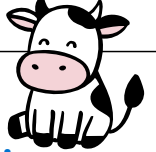


-  • Quick Tip
-  • Team Highlight
-  • Fun Fact
-  • Recipe
-  • Motivate
-  • Challenge
-  • Group

PLATFORM

VIRTUAL

IN- PERSON

CHALLENGE

SUN	MON	TUE	WED	THU	FRI	SAT
	1 Anti-Sitting Activity Challenge Start 	2	3	4	5 Liven up your hydration with fruit infused water 	6
7	8  	9 Mindfulness for Pain 5:30-6:30 pm 	10	11	12	13 June 13th- Family Health and Fitness Day! Grab your family and go play! 
14	15 Creativity As Medicine 6:00-7:00pm 	16	17	18 Mindful eating boost enjoyment of food. Watch this intro video  	19	20
21	22	23	24 "Success is the sum of small efforts repeated day after day." Robert Collier 	25	26 June is National Dairy Month  	27
28 Anti-Sitting Activity Challenge End 	29	30 Mindfulness 4-Week Group 	31 Summer 2026 Mindfulness Group 6/30-7/21 