



September Wellness Calendar

Monday

1
Wellness
Walk

Tuesday



Wednesday

3
Workout With
Jacob & Roy

Thursday



Friday

5
Wellness
Walk

8
Wellness
Walk



Weigh in today



11
Share Your Talent
With
Dawn Russell

12
Wellness
Walk

15
Wellness
Walk



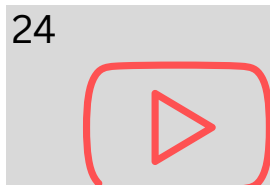
18
Ballroom Basics
With
Michael Ramirez

19
Wellness
Walk

22
Wellness
Walk

23
**Wellness
Fair!**

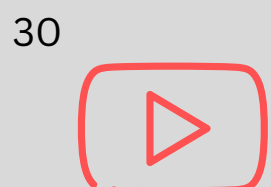
Weigh in today



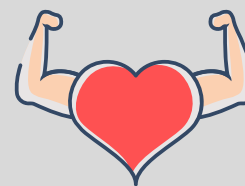
25
Share Your Talent
With
Dawn Russell

26
Wellness
Walk

29
Wellness
Walk



goals!



stay fit!

All activities take place in the 151 Sheldon Rd. fitness center starting at 12:30 pm and are open to all people served and staff.
Please see Amanda Moore with any questions. amoore@marcct.org