

Upcoming Events

JULY 2025



FOUNDATIONAL WELLNESS FUNDAMENTALS

◆ 📍 Beatty Cafeteria Lobby | ⌚ 11:00 AM - 1:00 PM | 📅 July 23rd

Wellness is much more than eating right and exercise. Stop by to learn more about how the nine areas of foundational wellness interact and combine to add up to overall health and wellness!



GROUP FITNESS CLASSES

Build your strength, fitness and resilience at our fun and engaging group fitness classes! Scan the QR code to register!

Multiple Dates



MEETINGS WITH A DIETITIAN



Food is fundamental to your health! Book a one-on-one session with a Registered Dietitian by scanning the QR code. Spaces are limited, sign up today!

July 24th

