

June 2013-Fitness Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>(If available links to websites are included- in blue)</i>						1
2	3 <i>Healthy Snack Day Centennial Park Walk Submit weekly totals</i>	4 <i>Take Stairs Tuesday Park Fit Begins; ends Last Tuesday in August</i>	5 <i>Walkin' Wednesday</i>	6 <i>Wellness Support Meeting-Rm 426 Hike the Hills</i>	7 <i>Healthy Lunch Day</i>	8 <i>Governor's Cup</i>
9	10 <i>Healthy Snack Day Centennial Park Walk Submit weekly totals</i>	11 <i>Take Stairs Tuesday Park Fit</i>	12 <i>Walkin' Wednesday Last Chance Splash-City Pool Opens!</i>	13 <i>Wellness Support Meeting-Rm 426 Hike the Hills</i>	14 <i>Healthy Lunch Day</i>	15
16	17 <i>Healthy Snack Day Centennial Park Walk Submit weekly totals June 10-14 only</i>	18 <i>Don't Stop Now!! Park Fit</i>	19 <i>Keep It Up!</i>	20 <i>What's Cookin'?</i>	21 <i>Check out the Well-ness Pages on the Intranet !</i>	22
23	24 <i>Coming on July 27; Running Water for Helena; contact Don Clark</i>	25 <i>Park Fit</i>	26 <i>Coming on August 17; Running for Montana's Future</i>	27	28	29