




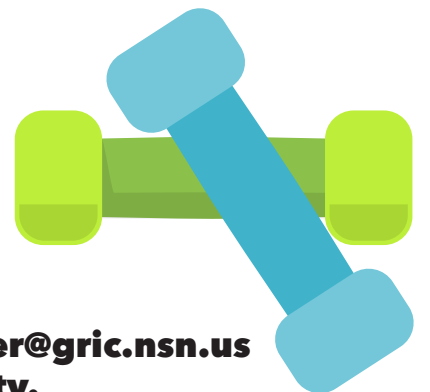




# July 2020 Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>01</b> Wellness Education Video (on Facebook)	<b>02</b> Fitness Video (on Facebook)	<b>03</b> Wellness Education Video (on Facebook)
<b>06</b> Fitness Video (on Facebook)	<b>07</b> Fitness Video (on Facebook)	<b>08</b> Wellness Education Video (on Facebook)	<b>09</b> Fitness Video (on Facebook)	<b>10</b> Wellness Education Video (on Facebook)
<b>13</b> Fitness Video (on Facebook) Summer Wellness Challenge STARTS (ends 08/07)	<b>14</b> Fitness Video (on Facebook)	<b>15</b> Wellness Education Video (on Facebook)	<b>16</b> Fitness Video (on Facebook) Virtual Run STARTS (ends 07/19)	<b>17</b> Wellness Education Video (on Facebook) Sports Skill Video
<b>20</b> Fitness Video (on Facebook)	<b>21</b> Fitness Video (on Facebook) Zoom Fitness Class	<b>22</b> Wellness Education Video (on Facebook) Sports Trivia	<b>23</b> Fitness Video (on Facebook) Zoom Fitness Class	<b>24</b> Wellness Education Video (on Facebook) Sports Skill Video
<b>27</b> Fitness Video (on Facebook) Wellness Challenge Distribution	<b>28</b> Fitness Video (on Facebook) Zoom Fitness Class	<b>29</b> Wellness Education Video (on Facebook) Sports Trivia	<b>30</b> Fitness Video (on Facebook) Zoom Fitness Class	<b>31</b> Wellness Education Video (on Facebook) Sports Skill Video

-  Fitness: Fitness Videos on Facebook & Fitness Classes on Zoom (12pm)
-  Wellness Education: Wellness Education Videos on Facebook
-  Sports: Sports Trivia & Sports Skills Videos on Facebook (5:30pm)
-  Distribution Date
-  Program Events



To be added to our email list for up to date information, email: [wellness.center@gric.nsn.us](mailto:wellness.center@gric.nsn.us)  
Information is also available on Facebook, mygilariver and GRBC tv.

## Upcoming Activities

### Fitness

Fitness Kits (strength, yoga, mobility, etc)  
Virtual Step Challenge  
Family Bike Distribution  
Elder Workout DVD kits  
Facebook Workout DVD  
Summer Wellness Challenge

### Sports

Family Sports Kits  
Virtual Sports Challenges  
Virtual Sports Trivia  
Virtual Sports Tournaments

### Health Education

Nutrition Zoom Classes  
Cooking Zoom Classes  
Blender Series w/Zoom  
Various live Wellness demos and trivia



All activities are subject to change as deemed necessary by Tribal Recreation and Wellness. Details and dates will be announced as they become available.