



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

AUGUST

		1	2 BE WELL WEDNESDAY SERIES 12-1 pm STRIVE Physician Talk with Dr. Erica Armstrong	3	4	5
6	7	8	9 BE WELL WEDNESDAY SERIES 8am-4:30pm Free Vein Screening, Spider Vein & Laser Consultations Register: info@strive4u.org	10	11	12
13	14	15	16 BE WELL WEDNESDAY SERIES 12-1 pm Farmers market bounty: nutrient dense eating using seasonal fare with Krista Gast, RD	17	18	19
20	21	22	23 BE WELL WEDNESDAY SERIES 12-1 pm Fitness: Fact or Fiction with Samantha Johnson, Personal Trainer	24	25	26
27	28	29	30 BE WELL WEDNESDAY SERIES 12-1 pm Eating on the run with Kristi Veltkamp, RD	31		

* Events and speakers are subject to change