



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

OCTOBER

1	2	3	<b>4</b> <b>BE WELL SERIES</b> <b>7:30 to 8:30 a.m.</b> Targeted Yoga: Good Morning Stretches on the Mat with Jen Byrne Yoga & Wellness	5	6	7
8	9	10	<b>11</b> <b>BE WELL SERIES</b> <b>Noon to 1 p.m.</b> 30-Minute Blast: Quick & Efficient Midday Workout with MVP Coaches	12	13	14
15	16	17	<b>18</b> <b>BE WELL SERIES</b> <b>Noon to 1 p.m.</b> Fact or Fiction: Simple Truths About Fitness with Samantha Johnson, SHMG Orthopedics & Sports Medicine	19	20	21
22	23	24	<b>25</b> <b>BE WELL SERIES</b> <b>Noon to 1 p.m.</b> Take a Deep Breath with Werner Absenger, PhD, MS <b>4:30 to 5:30 p.m.</b> Wear Pink & Walk Downtown with Caroline Cook, Grand Rapids Running Tours	26	27	28
29	30	31				

\*Events and speakers are subject to change  
 Register at [info@strive4u.org](mailto:info@strive4u.org)