

UPCOMING EVENTS

AUGUST 2022



WORKOUTS

YOGA FOR ALL (WITH SOPHIA)

Mondays from 12-12:15 p.m.

[Link to join.](#) [Calendar invite.](#)

DHS FITNESS BREAK

Wednesdays from 11-11:10 a.m.

[Link to join.](#)

YOGA FOR ALL

Wednesdays from 12-12:15 p.m.

[Link to join.](#) [Calendar invite.](#)

DCS FITNESS BREAK

Thursdays from 11-11:15 a.m.

[Link to join.](#) [Calendar invite.](#)

YOGA: CORE & MORE

Fridays from 12:15-12:45 p.m.

[Link to join.](#) [Calendar invite.](#)

CARDIO WORKOUT WITH KAYLA

Tuesday, Aug. 9 from 9:45-10 a.m.

[Link to join.](#) [Calendar invite.](#)

CHALLENGES



MOVE MORE CHALLENGE

August 1-28

[Sign up here by July 27.](#) (Click 'Challenges' to expand the menu.)

WEBINARS

DIFFERENCE BETWEEN CARDIO AND STRENGTH TRAINING

Tuesday, Aug. 2 from 12-12:30 p.m.

[Link to join.](#) [Calendar invite.](#)

PICK TN PRODUCTS INFO SESSION

Thursday, Aug. 11 from 11:30-11:45 a.m.

[Link to join.](#) [Calendar invite.](#)

HOW TO MANAGE YOUR FINANCES (PRESENTED BY HERE4TN)

Tues., August 16 from 11:30 a.m. - 12 p.m.

[Register here.](#)

HOW TO KEEP UP THE MOMENTUM

Tues., August 30 from 12-12:30 p.m.

[Link to join.](#) [Calendar invite.](#)

For more information about these events, visit www.tn.gov/wfhtn/challenges/wellness-events.html.

Please note: All times are listed in Central time zone.

