

FEBRUARY 2022

ACTIVITY

TRIVIA BREAK (WITH MORGAN)

February 15 from 12-12:15 p.m.

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

CHALLENGE

21 DAYS OF GRATITUDE

February 1-21

[Download challenge.](#)

Submit [this form](#) at the end of the challenge for a chance to win a prize!

WEBINAR

MAINTAINING BALANCE IN LIFE

February 24 from 11 a.m. - 12 p.m.

(Presented by Optum)

Link to register will be available in early Feb.

WORKOUTS

CARDIO & STRENGTH (WITH KAYLA)

February 8 from 9:30-9:45 a.m.

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

WALKING WORKOUT (WITH LINDSEY)

February 22 from 1-1:15 p.m.

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

YOGA FOR ALL (WITH SOPHIA)

Mondays from 12-12:15 p.m.

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

YOGA FOR ALL

Wednesdays from 12-12:15 p.m.

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

YOGA: CORE&MORE

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

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

DHS FITNESS BREAK

Wednesdays from 11-11:10 a.m.

[Link to join.](#)

DCS FITNESS BREAK

Thursdays from 11-11:15 a.m.

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