



June



Whole Health for All

Complimentary Experiences

Available to Members & Walmart & Sam's Club Associates

Sun.	Mon.	Tue.	Wed.	Thurs.	Fri.	Sat.
1 Yoga for Pregnancy 2:00pm-3:00pm	2	3 Bingo 6:00pm-7:00pm	4	5	6	7 Nature Connect & Reset 11:30 am-12:30 pm
8 Yoga for Pregnancy 2:00pm-3:00pm	9 Taking Charge My Purpose 11:30 am-12:30 pm Adult Mindful Art 5:30pm-6:30 pm	10 Pause. Notice. Choose. 8:00 am-8:15 am Embody 11:30 am-12:30 pm Bingo 6:00 pm-7:00 pm	11 Nature Tour 10:00 am-10:45 am Wednesday Walk 11:30 am-12:00 pm Taking Charge Intro to Whole Health 5:30pm-6:30 pm Workshop Benefits of Hot/Cold Therapy 6:15 pm-7:00 pm	12 Taking Charge Areas of Self Care 11:30 am-12:30 pm Workshop Reiki 101 5:30pm-6:15 pm Trivia Night 6:00 pm-7:00 pm	13	14 Soundbath 10:00 am-10:30 am Mindful Walk Community 11:30 am-12:30 pm
15 Yoga for Pregnancy 2:00pm-3:00pm	16 Mindful Movement Meditation 5:00 pm-5:30pm	17 Pause. Notice. Choose. 8:00 am-8:15 am Embody 11:30 am-12:30 pm Bingo 6:00 pm-7:00 pm	18 Wednesday Walk 11:30 am-12:00 pm	19	20	21 Family Funday Gardening 10:00am-11:00am
22 Yoga for Pregnancy 2:00 pm-3:00 pm	23 Mindful Movement Yoga 5:00 pm-5:30pm	24 Pause. Notice. Choose. 8:00 am-8:15 am Embody 11:30 am-12:30 pm Bingo 6:00 pm-7:00 pm	25 Wednesday Walk 11:30 am-12:00 pm	26	27	28 Coloring & Connections 10:30 am-11:30 am
29 Yoga for Pregnancy 2:00 pm-3:00 pm	30 Mindful Movement Breathworks 5:00pm-5:30 pm	<div>Members</div> <div>Login to your online account at walmart.clubautomation.com to register for Whole Health Experiences.</div> <div>Associates</div> <div>Sign up for a free Whole Health for All membership to access Whole Health Experiences by emailing wholehealth@walmart.com</div>				



Walton Family Whole Health & Fitness



June



Whole Health for All

Paid Experiences

Available to Members & Walmart & Sam's Club Associates

Sun.	Mon.	Tue.	Wed.	Thurs.	Fri.	Sat.
1	2	3	4	5	6	7 Baby & Me Yoga 9:00 am-9:45 am \$15.00 Nutrition Kitchen Simple Chocolate Mousse 10:00 am-11:00 am \$12.50 Nutrition Kitchen Simple Chocolate Mousse 1:00 pm-2:00 pm \$12.50
8	9	10 Baby & Me Yoga 5:30 pm-6:15 pm \$15.00	11	12 Nutrition Kitchen Mojo Pork Cubano Sandwiches 5:00 pm-6:00 pm \$35.00	13	14 Nutrition Kitchen Elote Mexican Street Corn 10:00 am-11:00 am \$12.50 Nutrition Kitchen Elote Mexican Street Corn 1:00 pm-2:00 pm \$12.50
15	16	17 Workshop Sleep 5:30 pm-6:30 pm \$5.00	18	19 Nutrition Kitchen Onigiri with Summer Vegetables 5:00 pm-6:00 pm \$35.00	20	21 Nutrition Kitchen Okonomiyaki Japanese Savory Pancakes 10:00 am-11:00 am \$12.50 Nutrition Kitchen Okonomiyaki Japanese Savory Pancakes 1:00 pm-2:00 pm \$12.50
22	23	24	25 Nutrition Kitchen Elevated Street Food with Craft Beer 5:00 pm-6:00 pm \$45.00	26 Nutrition Kitchen Elevated Street Food with Craft Beer 5:00 pm-6:00 pm \$45.00	27	28 Nutrition Kitchen Fresh Fruit Popsicles 10:00 am-11:00 am \$12.50 Nutrition Kitchen Fresh Fruit Popsicles 1:00 pm-2:00 pm \$12.50
29	30	Members Login to your online account at walmart.clubautomation.com to register for Whole Health Experiences. Associates Sign up for a free Whole Health for All membership to access Whole Health Experiences by emailing wholehealth@walmart.com				



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