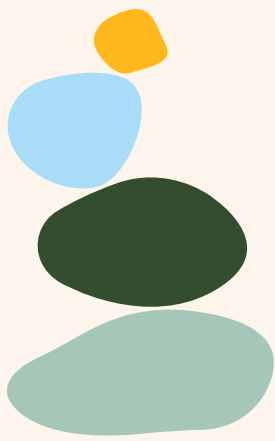


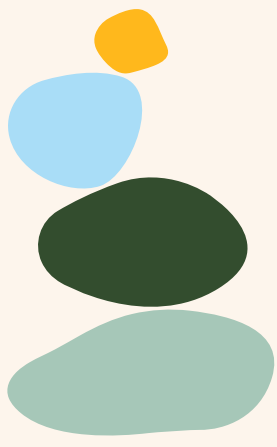
# May

## Whole Health for All



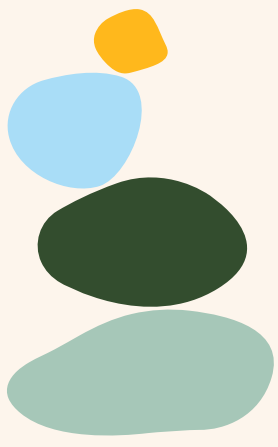
Complimentary Experiences  
Available to Members & Walmart & Sam’s Club Associates

Sun.	Mon.	Tue.	Wed.	Thurs.	Fri.	Sat.
<b>Members</b> Login to your online account at <a href="https://walmart.clubautomation.com">walmart.clubautomation.com</a> to register for Whole Health Experiences.				1 <b>Taking Charge</b> Intro to Whole Health 11:30 am-12:30 pm	2	3 <b>Nature Connect &amp; Reset</b> 11:30 am-12:30 pm
<b>Associates</b> Sign up for a free Whole Health for All membership to access Whole Health Experiences by emailing <a href="mailto:wholehealth@walmart.com">wholehealth@walmart.com</a>						
4 <b>Yoga for Pregnancy</b> Complimentary 2:00 pm-3:00 pm	5 <b>Taking Charge</b> Areas of Self Care 11:30 am-12:30 pm  <b>All Access</b> Mindful Movement 5:00 pm-5:30 pm	6 <b>Embodify</b> 11:30 am-12:30 pm	7 <b>Taking Charge</b> My Purpose 5:30 pm-6:30 pm  <b>Pause. Notice. Choose.</b> 8:00 am-8:15 am  <b>Wednesday Walk</b> 11:30 am-12:00 pm	8 <b>Taking Charge</b> Intro to Whole Health 11:30 am-12:30 pm	9 <b>Soundbath</b> Poolside 1:30 pm-2:30 pm	10 <b>Mindful Walk</b> Community 11:30 pm-12:30 pm  <b>Workshop</b> Hydration 10:30 pm-11:15 pm
11	12 <b>Taking Charge</b> Areas of Self Care 11:30 am-12:30 pm  <b>Adult Mindful Art</b> 5:30 pm-6:30 pm  <b>All Access Stretch</b> Mindful Movement 5:00 pm-5:30 pm	13 <b>Embodify</b> 11:30 am-12:30 pm  <b>Soundbath</b> Complimentary 7:15 pm-7:45 pm	14 <b>Taking Charge</b> My Purpose 5:30 pm-6:30 pm  <b>Exploring Big Nature</b> 10:00 am-10:45 am  <b>Pause. Notice. Choose.</b> 8:00 am-8:15 am  <b>Wednesday Walk</b> 11:30 am-12:00 pm	15 <b>Taking Charge</b> Intro to Whole Health 11:30 am-12:30 pm	16	17 <b>Family Funday</b> Yard Games 10:00 am-12:00 pm
18 <b>Yoga for Pregnancy</b> Complimentary 2:00 pm-3:00 pm	19 <b>Taking Charge</b> Areas of Self Care 11:30 am-12:30 pm  <b>All Access Breathwork</b> Mindful Movement 5:00 pm-5:30 pm	20 <b>Embodify</b> 11:30 am-12:00 pm	21 <b>Taking Charge</b> My Purpose 5:30 pm-6:30 pm  <b>Pause. Notice. Choose.</b> 8:00 am-8:15 am  <b>Wednesday Walk</b> 11:30 am-12:00 pm	22 <b>Taking Charge</b> Intro to Whole Health 11:30 am-12:30 pm	23	24 <b>Coloring &amp; Connections</b> 10:30 am-11:30 am
25 <b>Yoga for Pregnancy</b> Complimentary 2:00 pm-3:00 pm	26 <b>Closed for Memorial Day</b>	27 <b>Embodify</b> 11:30 am-12:00 pm	28 <b>Taking Charge</b> My Purpose 5:30 pm-6:30 pm  <b>Pause. Notice. Choose.</b> 8:00 am-8:15 am  <b>Wednesday Walk</b> 11:30 am-12:00 pm	29 <b>Taking Charge</b> Intro to Whole Health 11:30 am-12:30 pm	30	31



# May

## Whole Health for All



**Paid Experiences**  
Available to Members & Walmart & Sam’s Club Associates

Sun. Mon. Tue. Wed. Thurs. Fri. Sat.

**Members**  
Login to your online account at [walmart.clubautomation.com](https://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](mailto:wholehealth@walmart.com)

<b>Members</b> Login to your online account at <a href="https://walmart.clubautomation.com">walmart.clubautomation.com</a> to register for Whole Health Experiences.				1 <b>Nutrition Kitchen</b> Balanced Bulgogi Light & Lean 5:00 pm-6:00 pm \$35	2	3 <b>Nutrition Kitchen</b> <i>Sweet Impressions</i>  Thumbprint Cookies 10:00 am-11:00 am \$12.50  Thumbprint Cookies 1:00 pm-2:00 pm \$12.50
4	5	6 <b>Baby &amp; Me Yoga</b> 5:30 pm-6:15 pm \$15	7	8 <b>Nutrition Kitchen</b> Meatless Meal Prep 5:00 pm-6:00 pm \$35	9	10 <b>Nutrition Kitchen</b> <i>Artful &amp; Balanced Lunches</i>  Bento Boxes 10:00 am-11:00 am \$12.50  Bento Boxes 1:00 pm-2:00 pm \$12.50
11	12	13 <b>Baby &amp; Me Yoga</b> 5:30 pm-6:15 pm \$15	14	15 <b>Nutrition Kitchen</b> <i>Homemade &amp; Wholesome</i>  Sweet & Savory Pies 5:00 pm-6:00 pm \$35	16	17 <b>Baby &amp; Me Yoga</b> 9:00 am-9:45 am \$15  <b>Nutrition Kitchen</b> <i>Edible Cookie Dough</i> 10:00 am-11:00 am \$12.50  1:00 pm-2:00 pm \$12.50
18	19	20	21	22 <b>Nutrition Kitchen</b> <i>Baklava Bliss</i>  A Mediterranean Classic 5:00 pm-6:00 pm \$35	23	24 <b>Baby &amp; Me Yoga</b> 9:00 am-9:45 am \$15
25	26 Closed for Memorial Day	27	28 <b>Nutrition Kitchen</b> <i>Italy</i>  Vino e Cena + Wine Pairing (21+) 5:00 pm-6:00 p \$45	29 <b>Nutrition Kitchen</b> <i>Italy</i>  Vino e Cena + Wine Pairing (21+) 5:00 pm-6:00 p \$45	30	31 <b>Nutrition Kitchen</b> <i>Delicious Dips!</i> 10:00 am-11:00 am \$12.50  1:00 pm-2:00 pm \$12.50

