

DPH Wellness

SEPTEMBER 2013



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 No Classes Labor Day Holiday	3	4 11a-11:30a Walk & Talk (AI)	5	6	7
8	9 12p-12:30p Line Dance Aerobics (MR)	10 9am & 1pm CPR/AED @ Decatur Lab Sign up on Saba	11 11a-11:30a Walk & Talk (AI)	12 KP Corporate Run/Walk 7pm Join us at the state of Georgia tent at 5:30pm!!!	13 9am & 1pm CPR/AED @ 2 Peachtree, 7-430 Sign up on Saba	14 8:45am Dashaun's Mountain Walk and abs class
15	16 12p-12:30p Line Dance Aerobics (MR)	17	18 11a-11:30a Walk & Talk (AI)	19	20	21
22	23 12p-12:30p Line Dance Aerobics (MR)	24	25 11a-11:30a Walk & Talk (AI)	26 11:30a-12p Stretch & Relax (MK)	27	28 8am Angela's Stone Mountain Walk
29	30 12p-12:30p Line Dance Aerobics (MR)	NOTES: Please bring a mat or towel and water bottle with you to class!!! Please go to www.dph.georgia.gov/wellness for location of special events.				



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Please send
 questions/comments to

Check out our all new webpage at www.dph.georgia.gov/wellness