

# July

## All Access Calendar

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



Walton Family  
Whole Health & Fitness

Sun.	Mon.	Tue.	Wed.	Thurs.	Fri.	Sat.
	<b>Members</b> Login to your online account at <a href="http://walmart.clubautomation.com">walmart.clubautomation.com</a> to register for Whole Health Experiences.	<b>1</b> Pause. Notice. Choose. 8:00 am-8:15 am  Embodiment 11:30 am-12:30 pm  Bingo 6:00 pm-7:00 pm	<b>2</b> Weekly Walk 11:30 am-12:00 pm  Taking Charge Intro to Whole Health 5:30 pm-6:30 pm	<b>3</b> Taking Charge My Career 11:30 am-12:30 pm	<b>4</b>	<b>5</b> Baby & Me Yoga 9:00 am-9:45 am  Family Funday 10:00 am-11:30 am
<b>6</b>	<b>7</b> Mindful Movement Sunrise Eccentrics 6:30 am-7:00 am  Stretch & Tone 7:15 am-7:45 am  Taking Charge My Purpose-Passions 11:30 am-12:30 pm	<b>8</b> Pause. Notice. Choose. 8:00 am-8:15 am  Embodiment 11:30 am-12:30 pm  Bingo 6:00 pm-7:00 pm	<b>9</b> Weekly Walk 11:30 am-12:00 pm  Nature Tour 11:30 am-12:15 pm  Taking Charge Intro to Whole Health 5:30 pm-6:30 pm	<b>10</b> Taking Charge Power of My Mind 11:30 am-12:30 pm Friends Trivia 6:00 pm-7:00 pm	<b>11</b>	<b>12</b> Workshop I AM 10:30 am-11:30 am Nature Connect & Reset 11:30 am-12:30 pm Soundbath Full Moon 7:15 pm-7:45 pm
<b>13</b>	<b>14</b> Mindful Movement Sunrise Yoga 6:30 am-7:00 am  Stretch & Tone 7:15 am-7:45 am  Taking Charge My Purpose-Gifts 11:30 am-12:30 pm Adult Mindful Art 5:30 pm-6:30 pm	<b>15</b> Pause. Notice. Choose. 8:00 am-8:15 am  Embodiment 11:30 am-12:30 pm Workshop Sleep Reset 5:30 pm-6:30 pm Bingo 6:00 pm-7:00 pm	<b>16</b> Weekly Walk 11:30 am-12:00 pm  Taking Charge Intro to Whole Health 5:30 pm-6:30 pm  Workshop Healthy Homes 5:30 pm-6:30 pm	<b>17</b> Taking Charge My Care Team 11:30 am-12:30 pm	<b>18</b>	<b>19</b> Baby & Me Yoga 9:00 am-9:45 am  Dear Me A Reflection & Vision Letter 10:00 am-10:30 am Mindful Walk Community 11:30 am-12:30 pm
<b>20</b>	<b>21</b> Mindful Movement/ Sunrise Meditation/ Breathwork 6:30 am-7:00 am  Stretch & Tone 7:15 am-7:45 am  Taking Charge My Purpose-Values 11:30 am-12:30 pm	<b>22</b> Pause. Notice. Choose. 8:00 am-8:15 am  Embodiment 11:30 am-12:30 pm  Bingo 6:00 pm-7:00 pm	<b>23</b> Weekly Walk 11:30 am-12:00 pm  Taking Charge Intro to Whole Health 5:30 pm-6:30 pm	<b>24</b> Taking Charge My Community 11:30 am-12:30 pm	<b>25</b>	<b>26</b> Coloring & Connections 10:30 am-11:30 am
<b>27</b>	<b>28</b> Mindful Movement Surf Style Balance & Mobility 6:30 am-7:00 am  Stretch & Tone 7:15 am-7:45 am	<b>29</b> Pause. Notice. Choose. 8:00 am-8:15 am  Embodiment 11:30 am-12:30 pm  Bingo 6:00 pm-7:00 pm	<b>30</b> Weekly Walk 11:30 am-12:00 pm	<b>31</b> Book Club 7:15 am-7:45 am	<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>	

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### Paid Experiences

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Walton Family  
Whole Health & Fitness

Sun.

Mon.

Tue.

Wed.

Thurs.

Fri.

Sat.

Sun.	Mon.	Tue.	Wed.	Thurs.	Fri.	Sat.
		1	2	3	4	5
6	7	8	9	10 Nutrition Kitchen Summer Fruit Galettes 5:00 pm-6:00 pm \$35.00	11	12 Nutrition Kitchen Garden Cups 10:00 am-11:00 am \$12.50  Nutrition Kitchen Garden Cups 1:00 pm-2:00 pm \$12.50
13	14	15	16	17 Nutrition Kitchen Gut Cultured Homemade Yogurt 5:00 pm-6:00 pm \$35.00	18	19 Nutrition Kitchen Auga Fresca 10:00 am-11:00 am \$12.50  Nutrition Kitchen Auga Fresca 1:00 pm-2:00 pm \$12.50
20	21	22	23	24 Nutrition Kitchen Good Gut, Great Flavor Canning & Preserving 5:00 pm-6:00 pm \$35.00	25	26 Nutrition Kitchen Naturally Sweet Ice Cream 10:00 am-11:00 am \$12.50  Nutrition Kitchen Naturally Sweet Ice Cream 1:00 pm-2:00 pm \$12.50
27	28	29	30 Nutrition Kitchen Chef's Table- Summer's Peak Wine Paring 5:00 pm-6:00 pm \$65.00	31 Nutrition Kitchen Chef's Table- Summer's Peak Wine Paring 5:00 pm-6:00 pm \$65.00	<b>Associates</b> Sign up for a free Whole Health for All membership to access Whole Health Experiences by emailing wholehealth@walmart.com	