

# February

## Whole Health Connections Complimentary Experiences

Sun.	Mon.	Tue.	Wed.	Thurs.	Fri.	Sat.
<b>1</b> <b>Yoga for Pregnancy</b> 2:00-3:00 pm	<b>2</b> <b>Intro to Whole Health</b> A Taking Charge Series 4:00-5:00 pm  <b>Mindful Mobility</b> 5:30-6:00 pm	<b>3</b> <b>Embodiment</b> A Way to Release Stress 4:00-5:00 pm  <b>Mindful Movements Yoga</b> 5:30-6:00 pm  <b>Bingo</b> 6:00-7:00 pm	<b>4</b> <b>Connection Flow</b> Mat Pilates with Allison 8:30-9:00 am  <b>My Purpose, My Gifts</b> A Taking Charge Series 4:00-5:00 am	<b>5</b> <b>Bootcamp Express</b> 5:30-6:00 pm	<b>6</b>	<b>7</b> <b>Cardio Kickboxing</b> 8:00-8:30 am  <b>The Power of Strength Training</b> for Heart Health 9:30-10:00 am  <b>Baby &amp; Me Yoga</b> 9:30-10:15 am
<b>8</b> <b>Yoga for Pregnancy</b> 2:00-3:00 pm	<b>9</b> <b>My Relationships</b> A Taking Charge Series 4:00-5:00 pm  <b>Mindful Mobility</b> 5:30-6:00 pm  <b>Adult Mindful Art</b> 5:30-6:30 pm	<b>10</b> <b>Baby &amp; Me Yoga</b> 1:45-2:30 pm  <b>Embodiment</b> A Way to Release Stress 4:00-5:00 pm  <b>Mindful Movements Yoga</b> 5:30-6:00 pm  <b>Bingo</b> 6:00-7:00 pm	<b>11</b> <b>Connection Flow</b> Mat Pilates with Allison 8:30-9:00 am  <b>Intro to Whole Health</b> A Taking Charge Series 4:00-5:00 pm	<b>12</b> <b>Bootcamp Express</b> 5:30-6:00 pm  <b>How Foods Support a Healthy Heart</b> 5:30-6:30 pm  <b>Trivia Night</b> Olympics & Superbowl 6:30-8:00 pm	<b>13</b> <b>Boxing Foundations</b> 4:00-4:30 pm  <b>Kids Night Out</b> A Valentine's Date That Moves You 5:00-8:00 pm	<b>14</b> <b>Bootcamp Express</b> 8:00-8:30 am
<b>15</b> <b>Yoga for Pregnancy</b> 2:00-3:00 pm	<b>16</b> <b>Intro to Whole Health</b> A Taking Charge Series 4:00-5:00 pm  <b>Mindful Mobility</b> 5:30-6:00 pm	<b>17</b> <b>Mindful Movements Yoga</b> 5:30-6:00 pm  <b>Bingo</b> 6:00-7:00 pm  <b>Workshop</b> Lymphatic Drainage & Wellness Flow 6:30-7:30 pm	<b>18</b> <b>Connection Flow</b> Mat Pilates with Allison 8:30-9:00 am  <b>My Career</b> A Taking Charge Series 4:00-5:00 pm  <b>Workshop</b> MELT Method 6:30-7:30 pm	<b>19</b>	<b>20</b>	<b>21</b> <b>Cardio Kickboxing</b> 8:00-8:30 am  <b>Baby &amp; Me Yoga</b> 9:30-10:15 am
<b>22</b> <b>Yoga for Pregnancy</b> 2:00-3:00 pm	<b>23</b> <b>My Purpose, My Passions</b> A Taking Charge Series 4:00-5:00 pm  <b>Mindful Mobility</b> 5:30-6:00 pm	<b>24</b> <b>Baby &amp; Me Yoga</b> 1:45-2:30 am  <b>Embodiment</b> A Way to Release Stress 4:00-5:00 pm  <b>NWA Velocity</b> Soft Surface Trail Riding 101 5:00-5:30 pm  <b>Mindful Movements Yoga</b> 5:30-6:00 pm  <b>Bingo</b> 6:00-7:00 pm	<b>25</b> <b>Connection Flow</b> Mat Pilates with Allison 8:30-9:00 am  <b>Intro to Whole Health</b> A Taking Charge Series 4:00-5:00 pm  <b>Healthy Homes Workshop</b> Love Where You Live 5:30-6:30 pm	<b>26</b> <b>Midday Reset</b> Soundbath with Gina 11:30-12:30 pm  <b>Bootcamp Express</b> 5:30-6:30 pm  <b>Book Club</b> Coffee & Connection 5:30-6:00 pm  <b>Nourished on GLP-1s</b> A Nutrition Workshop 5:30-6:30 pm	<b>27</b> <b>Boxing Foundations</b> 4:00-4:30 pm	<b>28</b> <b>Bootcamp Express</b> 8:00-8:30 am  <b>Heart in Motion</b> Move with Purpose 9:30-10:00 am

Explore all the experiences happening in our Whole Health Connections Hallway Inhale, Exhale, and Common Ground rooms—designed to help you pause, reconnect, and recharge. If you have any questions, our Rest & Recharge Desk is here to help at 479-375-3402.

**Associates**  
 Sign up for a free Whole Health Experience membership to access Whole Health Connection Experiences by emailing [wholehealth@walmart.com](mailto:wholehealth@walmart.com)

**Members**  
 Login to your online account at [walmart.clubautomation.com](http://walmart.clubautomation.com) to register for Whole Health Connection Experiences

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## Whole Health Connections Premium Experiences



Sun.	Mon.	Tue.	Wed.	Thurs.	Fri.	Sat.
1	2	3	4	5 Nutrition Kitchen Whole Wheat Focaccia 5:00-6:00 pm	6	7 Nutrition Kitchen King Cake 10:00-11:00 am  Nutrition Kitchen King Cake 1:00-2:00 pm
8	9	10	11 Nutrition Kitchen Rustic Winter Chef's Table+ Wine Pairing (21+) 5:00-6:00 pm	12 Nutrition Kitchen Rustic Winter Chef's Table+ Wine Pairing (21+) 5:00-6:00 pm	13	14 Nutrition Kitchen Stuffed Hand Pie Heart Pops 10:00-11:00 am  Nutrition Kitchen Stuffed Hand Pie Heart Pops 1:00-2:00 pm
15	16	17	18	19 Nutrition Kitchen Fresh Pasta + Lasagna 5:00-6:00 pm	20	21 Nutrition Kitchen Temari Sushi 10:00-11:00 am  Nutrition Kitchen Temari Sushi 1:00-2:00 pm
22	23	24	25 Nutrition Kitchen Rustic Winter Chef's Table+ Wine Pairing 5:00-6:00 pm	26 Nutrition Kitchen Rustic Winter Chef's Table+ Wine Pairing 5:00-6:00 pm	27	28 Nutrition Kitchen Savory Egg Bites 10:00-11:00 am  Nutrition Kitchen Savory Egg Bites 1:00-2:00 pm

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