



Summer is almost here and [Level Up](#) is excited to bring you a full guide of fun that we have planned for *The Summer of Wellness!*

Wellness is about making healthy choices and practicing healthy habits that contribute to feeling good and prioritizing what you need to make you look and feel your best—physically as well as mentally. [Level Up's 5 dimensions](#) encourage you to exercise, adopt healthy eating habits, focus on mindfulness, and much more.

There's no better time to prioritize your well-being than this summer—with longer days, more sunshine, less stress, and enjoying the outdoors, we hope you can reset your health goals with relaxation and restoration. No matter what you're in the mood for this summer, Level Up has got you covered with a variety of activities.

We've planned a summer that checks all of the boxes to *elevate your total well-being*. Explore *The Summer of Wellness* activities and sign up for those that will help motivate and move you!

About The Summer of Wellness

- Use the calendar below to select and **register for each activity** using the *Sign up now* links.
- All classes, cooking demos, and dance parties **begin at 12 p.m. (Noon)**.
- All Coffee & Chat sessions **begin at 9 a.m.**

Wellness Prizes

Everything is better with prizes, right? Each month, Level Up will raffle off the following:

- **Four (4) Apple Beats Flex Ear Buds**
- **Two (2) \$50 NIKE Gift Cards**

To be entered into the drawing each month, you must register and attend one activity that month. Prize winners will be announced during the live Zumba Dance Party each month. Winners who do not attend the Zumba Dance Party will be contacted via email to claim their prize.

Apple Beats Flex Ear Buds



NIKE Gift Card

JUNE 2021

Date	Class	Registration Link
June 4	Fitness Class: High-Intensity Interval Training (HIIT)	Sign up now
June 9	Coffee & Chat	Sign up now
June 11	Fitness Class: ASA! – Low-Impact African Dance	Sign up now
June 17	Fitness Class: High-Intensity Interval Training (HIIT)	Sign up now
June 25	Zumba Dance Party	Sign up now

JULY 2021

Date	Class	Registration Link
July 7	Coffee & Chat	Sign up now
July 7	Cooking Demo	Sign up now
July 9	Fitness Class: Aerobics	Sign up now
July 14	Cooking Demo	Sign up now
July 16	Fitness Class: ASA! – Low-Impact African Dance	Sign up now
July 21	Cooking Demo	Sign up now
July 23	Fitness Class: Aerobics	Sign up now
July 28	Cooking Demo	Sign up now
July 30	Zumba Dance Party	Sign up now

AUGUST 2021

Date	Class	Registration Link
August 4	Coffee & Chat	Sign up now
August 4	Cooking Demo	Sign up now
August 6	Fitness Class: Kickboxing	Sign up now
August 11	Cooking Demo	Sign up now
August 13	Fitness Class: ASA! – Low-Impact African Dance	Sign up now
August 18	Cooking Demo	Sign up now
August 20	Fitness Class: Power Yoga	Sign up now
August 25	Cooking Demo	Sign up now
August 27	Zumba Dance Party	Sign up now

Questions

Contact LevelUp@co.pg.md.us with any questions. Have a great summer!

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