



July



All Access Calendar

Complimentary 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 to register for Whole Health Experiences.

1

Pause. Notice. Choose.
8:00 am-8:15 am

Embody
11:30 am-12:30 pm

Bingo
6:00 pm-7:00 pm

2

Weekly Walk
Intro to
11:30 am-12:00 pm

Taking Charge
Intro to
Whole Health
5:30 pm-6:30 pm

3

Taking Charge
My Career
11:30 am-12:30 pm

4

5

Baby & Me Yoga
9:00 am-9:45 am

Family Funday
10:00 am-11:30 am

6

7

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

8

Pause. Notice. Choose.
8:00 am-8:15 am

Embody
11:30 am-12:30 pm

Bingo
6:00 pm-7:00 pm

9

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

10

Taking Charge
Power of My Mind
11:30 am-12:30 pm

Friends Trivia
6:00 pm-7:00 pm

11

12

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

13

14

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

15

Pause. Notice. Choose.
8:00 am-8:15 am

Embody
11:30 am-12:30 pm

Workshop
Sleep Reset
5:30 pm-6:30 pm

Bingo
6:00 pm-7:00 pm

16

Weekly Walk
11:30 am-12:00 pm

Taking Charge
Intro to
Whole Health
5:30 pm-12:30 pm

Workshop
Healthy Homes
5:30 pm-6:30 pm

17

Taking Charge
My Care Team
11:30 am-12:30 pm

18

19

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

20

21

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

22

Pause. Notice. Choose.
8:00 am-8:15 am

Embody
11:30 am-12:30 pm

Bingo
6:00 pm-7:00 pm

23

Weekly Walk
11:30 am-12:00 pm

Taking Charge
Intro to
Whole Health
5:30 pm-6:30 pm

24

Taking Charge
My Community
11:30 am-12:30 pm

25

26

Coloring & Connections
10:30 am-11:30 am

27

28

Mindful Movement
Surf Style
Balance & Mobility
6:30 am-7:00 am

Stretch & Tone
7:15 am-7:45 am

29

Pause. Notice. Choose.
8:00 am-8:15 am

Embody
11:30 am-12:30 pm

Bingo
6:00 pm-7:00 pm

30

Weekly Walk
11:30 am-12:00 pm

31

Book Club
7:15 am-7:45 am

Associates

Sign up for a free Whole Health for All membership to access Whole Health Experiences by emailing wholehealth@walmart.com





July



All Access Calendar

Paid Experiences

Available to Members & Walmart & Sam's Club Associates

Sun.	Mon.	Tue.	Wed.	Thurs.	Fri.	Sat.
		1	2	3	4	5
<p>Members Login to your online account at walmart.clubautomation.com to register for Whole Health Experiences.</p>						
6	7	8	9	10 Nutrition Kitchen Summer Fruit Galettes 5:00 pm-6:00pm \$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	<p>Associates Sign up for a free Whole Health for All membership to access Whole Health Experiences by emailing wholehealth@walmart.com</p>	

