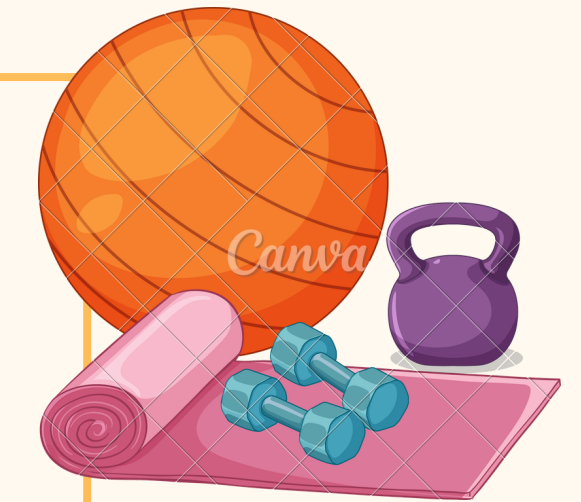
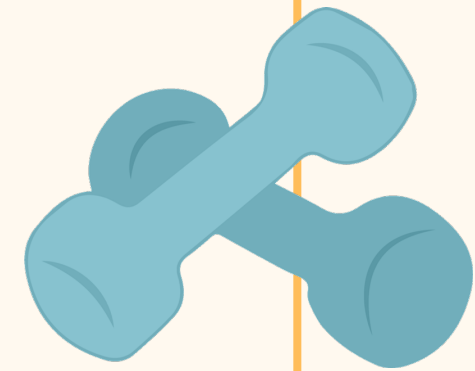


JULY 2026

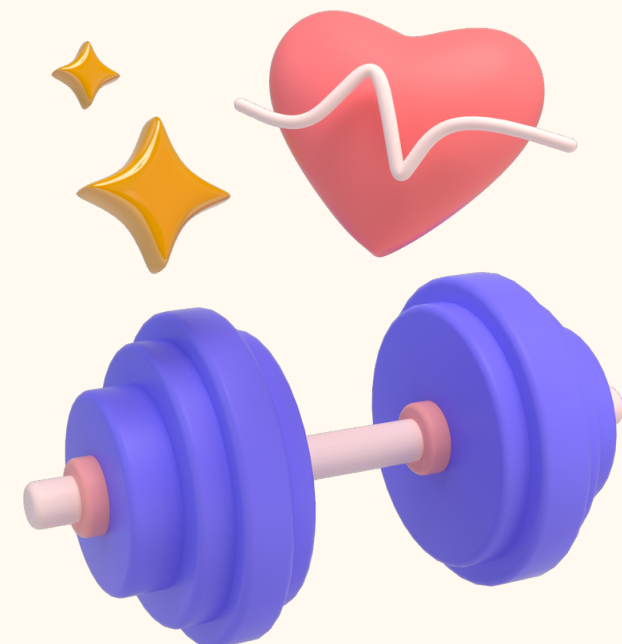
AAP Wellness Center

Staffed Hours: M-F 7:30am - 7pm



			1	2	3	4
5	6 Squat-A-Thon begins	7	8	9	10	11
12	13	14 3pm Strength & Stretch	15 11am Virtual Cooking Demo 	16 3pm Strength & Stretch	17 10am Virtual Stretch Break	18
19	20	21 3pm Strength & Stretch	22	23 3pm Strength & Stretch	24	25
26	27	28 3pm Strength & Stretch	29	30 3pm Strength & Stretch	31 10am Virtual Stretch Break	

SQUAT-A-THON:
26 days of stronger legs! Perform any squat variation and track your progress in the Wellness Center.



Strength & Stretch

Full-body workout followed up with stretching & cool-down session. Located at AIDT room L101.

Virtual Stretch Break

Join us on Teams for a guided desk stretch break you can do right from your workspace. Scan the QR code to sign up and receive the meeting invite.

