HEALTH WEEK22
MAY 21-27
PRESENTED BY
AVEDIS FOUNDATION

FULL SCHEDULE OF EVENTS

SCAN HERE
FOR HEALTH WEEK EVENTS AND UPDATES!

SAT, MAY 21 | 10 AM-2 PM
SHAWNEE YMCA
700 W. SARATOGA

NATIONAL HEALTHY KIDS DAY at THE Y
SPONSORED BY SHAWNEE YMCA
A day to celebrate what makes healthy kids!

MON, MAY 23 | 11 AM-1 PM
SHAWNEE COMMUNITY CENTER
804 S. PARK AVE.

'EXERCISE YOUR PURPOSE' WORKSHOP
SPONSORED BY BLUE ZONES PROJECT & CITIZEN POTAWATOMI NATION
Discover your purpose and find your "why"!

Register by May 18

MON, MAY 23 | 5:30-7 PM
MARY M. WILLIAMSON DOG PARK
DARRIEN GORDON DR.

BARK IN THE PARK
SPONSORED BY BLUE ZONES PROJECT, SHAWNEE PARKS & RECREATION, SHAWNEE ANIMAL SHELTER AND THE DOGGIE SPOT
All the fun you can have on four legs! **[Leashes required.]**

TUES, MAY 24 | 6-7 PM
CPN FESTIVAL GROUNDS
1702 S. GORDON COOPER DR.

'BUILD IT YOUR WAY' COOKING DEMO
with Andrea Beck, Registered Dietitian
SPONSORED BY BLUE ZONES PROJECT AND SSM HEALTH

WED, MAY 25 | 8 AM-3 PM
(Come & Go)
SENIOR RECREATION CENTER
401 N. BELL STREET

NATIONAL SENIOR HEALTH AND FITNESS DAY
SPONSORED BY SHAWNEE PARKS AND RECREATION
A day of fitness activities for adults 55+

THURS, MAY 26 | 8:30-10 PM
SPLASH WATER PARK
100 E. HIGHLAND

NEON DANCE PARTY at SPLASH – TEEN EDITION
SPONSORED BY SHAWNEE PARKS AND RECREATION
An evening of fun for teens 13-19 and a pool party that GLOWS!

FRI, MAY 27
SPLASH WATER PARK
100 E. HIGHLAND

Follow Splash on Facebook for details:
www.facebook.com/ShawneePR/Splash

11:15 AM: FAMILY WATER SAFETY CLASS
SPONSORED BY SHAWNEE PARKS AND RECREATION
For families and caregivers; participants can stay and swim!

1 PM*: SPLASH SEASON OPENING ACTIVITIES
[*SEASON PASS ENTRY AT 12 PM]
SPONSORED BY SHAWNEE PARKS AND RECREATION
Shawnee's favorite kickoff to summer!

DAILY: MAY 23-27
Instructor-led Fitness Classes
(LIVE/Daily- times vary)

LADAWN HLADIK,
YMCA DIRECTOR OF HEALTH & WELLNESS

LIVE

FACEBOOK.COM/SHAWNEEYMCA

FRIDAY, MAY 27 • 10 AM-12 PM

AVEDIS FOUNDATION PRESENTS
R. MURALI KRISHNA, MD, DLFAPA

"STRATEGIES FOR TODAY'S FAST-PACED LIFE"
Cultivate skills for resilience and balance in today's fast-paced world and discover the immense healing power that could transform your life!

SCAN THE QR CODE TO RSVP:

LIFE.CHURCH • 5113 N. HARRISON • SHAWNEE • ADMISSION IS FREE