

# WELLNESS CALENDAR | June 2019



## COUNTYWIDE FITNESS CHALLENGE 2019

**Castaic Lake State  
Recreation Area**

Paradise Cove, Lower Lake  
32132 Castaic Lake Drive  
Castaic, CA 91384

**Saturday,  
June 15, 2019**

**8:00 a.m. -  
Noon**



Sun	Mon	Tues	Wed	Thurs	Fri	Sat
<p><b>June is...</b></p> <ul style="list-style-type: none"> <li>Alzheimer's and Brain Awareness Month</li> <li>Men's Health Month</li> <li>National Safety Month</li> <li>PTSD Awareness Month</li> </ul> <p style="text-align: right; color: #0070C0; font-weight: bold;">To RSVP for events, visit our Wellness Portal: <a href="http://www.LACountyGetsFit.com">www.LACountyGetsFit.com</a> (Use invitation code: 1203)</p>						1
2 	3	4	5 <b>Webinar:</b> <a href="#">Ultimate Balancing Act: A Healthy Work/Life Balance</a>	6	7	8
9	10	11	12	13 <b>BFF Class:</b> <a href="#">Olive View – UCLA Med Center</a> 12 pm 	14 	15  <b>Make A Splash!</b> CFC EVENT Castaic Lake
16 	17	18 <b>BFF Webinar:</b> <a href="#">Student Loan Repayment Strategies</a> 	19	20 <b>Healthy Connections: Spread Thin:</b> The Sandwich Generation 12 pm (Hall of Admin)	21 	22
23/30	24	25	26	27 	28	29