Wellness August Events

Komen 5K Team & Training Program

*Begin Monday, August 14th (Up to 60 points)*

The 2017 Komen Central Georgia Race for the Cure takes place on Mercer’s campus on Saturday, October 7th. Join our 8-week Team Training Program for weekly group workouts, a personalized training program, and team t-shirt. The first 10 people to sign-up to race with us will have their registration fee covered by Wellness. No racing experience required, both runners and walkers are welcome! [Learn more about racing for the cure with Wellness here](#).

Butterfly Bio Blitz @ Ocmulgee National Monument

*Saturday, August 19th, 9am (10 points)*

Help the National Monument collect data and identify the different species of butterflies on the park grounds between 9:00am-3:00pm. Participants will conduct a day of field observations counting butterflies along the trails of the Ocmulgee National Monument. Everyone will be given a free butterfly bio blitz t-shirt, water bottle, and much more. The park will provide cameras, binoculars, and field guides while supplies last. A great opportunity for the whole family to be active and learn about butterflies at a beautiful Middle Georgia park.

Back Pain Management Program

*Wednesday, August 23rd, 12pm (10 points)*

Have you or a loved one ever experienced back pain? It’s estimated that 80% of American adults will experience back pain in their lives, a condition that can be expensive, debilitating, and impact your personal and professional life. This program will be offered in three parts (August, October, and November) and provide information about causes of low back pain, prevention, and treatment, with Rodger Fleming, LMT, ATC.

30-Day Challenge #8: 10K Steps

*Wednesday, August 30th — Thursday, September 28th (up to 15 points)*

Some health experts have called “sitting the new smoking”. We know that sitting too much is bad for our health, so this month we’re going to get up and move more. Our eighth 30-day Challenge will be to work up to 10,000 daily steps. You are welcome to use your own activity tracker, smart phone app, or pedometer, or request to borrow a pedometer from Wellness. Move more this month!

NEW GROUP FITNESS CLASSES COMING THIS MONTH!

Beginning August 14th, Wellness is pleased to be offering two new lunchtime fitness classes: Tai Chi (Wednesdays, 12pm) and Spinning (Wednesdays, 1pm). [Visit our website to learn more](#).

CLICK HERE TO REGISTER FOR AUGUST ACTIVITIES