
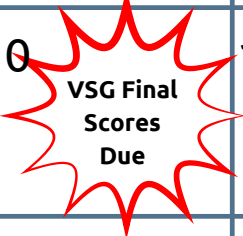



AUGUST

Southwest Region Monthly Calendar

SUN	MON	TUES	WED	THURS	FRI	SAT
						1 4:30pm COLUMBIA RIVER Get Fit Community
2	3 6:00pm VSG Opening Ceremonies 	4 4:30pm OPEN TO ALL Virtual Wellness Club 7:30pm COLUMBIA RIVER Get Fit Community	5 12:00pm Town Hall w/ Dave Lenox 4:00pm Live Wednesday Workouts	6 6:30pm THURSTON CO. Virtual Wellness Club	7	8 4:30pm COLUMBIA RIVER Get Fit Community
9	10  VSG Final Scores Due	11 4:30pm OPEN TO ALL Virtual Wellness Club 7:30pm COLUMBIA RIVER Get Fit Community	12 4:00pm Live Wednesday Workouts	13 4:30pm Athletes Connect Panel 6:00pm THURSTON CO. Virtual Wellness Club	14	15 4:30pm COLUMBIA RIVER Get Fit Community
16	17 12:00pm Celebration Week Ceremony on Facebook 1:00pm Fitness Challenge Awards on Facebook	18 1:00pm Golf Awards on Facebook 4:30pm OPEN TO ALL Virtual Wellness Club 7:30pm COLUMBIA RIVER Get Fit Community	19 10:00am Anytime Fitness Workout 1:00pm Soccer Awards on Facebook 4:00pm Live Wednesday Workouts	20 1:00pm Softball Awards on Facebook 6:00pm THURSTON CO. Virtual Wellness Club	21 1:00pm Athletics Awards on Facebook 7:00pm Closing Ceremonies & Virtual Victory Dance	22 4:30pm COLUMBIA RIVER Get Fit Community
23/30	24/31 8/24 - 6:00pm Family Health Forum	25 7:30pm COLUMBIA RIVER Get Fit Community	26 4:00pm Live Wednesday Workouts DUE Athlete Leadership & Health Messenger Training Application	27  4:30pm Athletes Connect Panel	28	29 10:00am Self Care Workshop for Special Needs moms and caretakers 4:30pm COLUMBIA RIVER Get Fit Community

LINKS

Click on the text
to take you to the
meeting or
website

Virtual Victory
Dance Sign-Up
[Wednesday
Workouts](#)

[Family Health
Forum](#)
Self Care
Workshop

Virtual Summer Games
Submit Final Scores
[COLUMBIA RIVER
Get Fit Community](#)

[THURSTON CO.
Virtual Wellness Club](#)
OPEN TO ALL
Virtual Wellness Club

Athletes Connect
Panel
[Town Hall
w/ Dave Lenox](#)



**Special
Olympics**
Washington