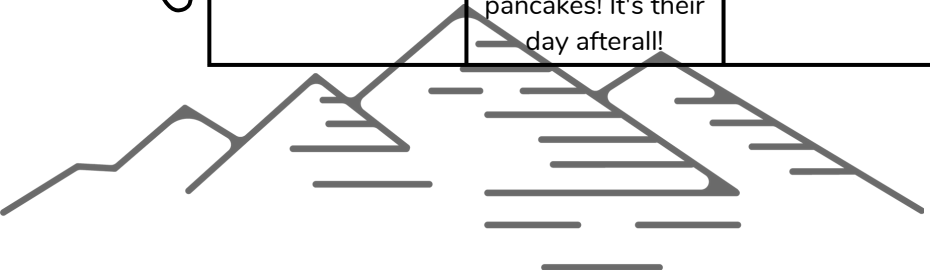


September 2023

SUN	MON	TUE	WED	THU	FRI	SAT
				1 #livewild30miles30days challenge begins! <u>7pm Free Sunset Walk</u>	2	3
4 National Wildlife Day Call a friend and go for a walk outside together.	5 Labor Day	6 "Hey girl. You are rocking that outfit today!" - Ryan Gosling	7	8 <u>7-8:30pm Candid Convos</u>	9	10 <u>8am Wildly Active Yoga Pioneer Park</u>
11 <u>1:30pm Wildly Active Hike & Meditation Big Sioux Rec</u>	12 National Day of Encouragement Send an encouraging text to a friend.	13	14 Treat yourself to a yummy drink! You earned it!	15	16	17
18 <u>1:30pm Wildly Active Hike & Meditation Beaver Creek Nature Area</u>	19 Arrrrr Matey! Talk Like a Pirate Day For real, please talk like a pirate at least once today!	20	21	22 You know those facemasks you've been saving for when you have time? USE ONE!	23	24 <u>8am Wildly Active Yoga McHardy Park</u>
25	26 National Pancake Day Get yourself some pancakes! It's their day afterall!	27	28 National Women's Health & Fitness Day Do something you love that benefits your health today!	29	30 <u>9am-3pm Wildly You Women's Summit</u>	



Join our #livewild30miles30days challenge!
Walk/skip/run 30 miles total in 30 days!