

1st Nine  
Weeks

Starts August 19

Ends October 10

Conway Regional Fitness Center Be Our Guest Day	September 5
Drawing for signing up	September 6
Healthy U Happy Hour	TBA
Fall 5K/1K Run Walk	October 10
1st Nine Weeks Points End	October 10
Verification forms due	October 14
1st Nine Weeks Drawings	October 15