

**Participate in highlighted events and
get a Strong BANDS wristband!**



Balance: May 1–7

Down & Dirty Trail Run, May 7

Activity: May 8–14

Break and Run Billiards, May 11–July 13

Outdoor Rec Trips: JBLM.armymwr.com/categories/odr

SFA Group Exercise Classes: JBLM.armymwr.com/categories/sfa

Library Story Walk, May 1–31

Nutrition: May 15–21

Have a salad or wrap at

Warrior Zone, Bowl Arena Lanes or Habañero Mexican Grill!

Determination: May 22–28

Friday for the Fallen 5K, May 27

Courage Time/Family Fun Friday at the Library, May 27

Strength: May 29–June 4

SFA Group Exercise Classes: JBLM.armymwr.com/categories/sfa

COMMIT–STAY FIT!

#STRONGBANDS

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| STEP 1
Attend featured fitness events at your garrison | STEP 2
Wear your STRONG B.A.N.D.S. wristband throughout May to show your commitment to a healthy lifestyle | STEP 3
Gain valuable fitness tips throughout May by visiting ArmyMWR.com/STRONGBANDS |
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