

VYHC #11 Schedule of Events

All VYHC Classes & Workouts are FREE for VYHC members and \$25 per event for nonmembers. RSVP for each event ASAP (no later than the night before). To RSVP be sure to text the appropriate health pro listed below for each event. Always bring plenty of water with you.

THURSDAY APRIL 17

Group Meeting with Health Pros

Get to know each other, check-in on how your points are going, get questions answered, technical support, motivation to keep going strong.

HEALTHY MEAL INCLUDED

6:30 pm - Upper Room at Nature's Pantry

Text Blake 541-910-9333 to RSVP

FRIDAY APRIL 18

Group Hike with Misty and Jess

These hikes are a great way to get to know each other and encourage one another in the challenge, and they will be appropriate for all levels of fitness.

6 am at MERA Owsley Canyon Trailhead

Text Misty 541-910-4808 to RSVP

TUESDAY APRIL 22

GROUP WALK with Health Pros

These walks are a great way to get to know each other and encourage one another in the challenge, and they will be appropriate for all levels of fitness.

6:40 pm at La Grande High School Track

Text Nicole 503-449-9804 to RSVP

THURSDAY APRIL 24

GOAL SETTING WORKSHOP with Lasa, Justin, Summer

Develop your health goals in a small group setting with the help of the VYHC health pros. Encourage and support one another and get motivated to reach your small and big goals.

PROTEIN SMOOTHIE INCLUDED

6:30 pm - Upper Room at Nature's Pantry

Text Blake 541-910-9333 to RSVP

FRIDAY APRIL 25

Group Hike with Misty and Jess

These hikes are a great way to get to know each other and encourage one another in the challenge, and they will be appropriate for all levels of fitness.

6 am at MERA Owsley Canyon Trailhead

Text Misty 541-910-4808 to RSVP

TUESDAY APRIL 29

DETOX & RESET YOUR BODY Q&A with Tim and Nicole

Learn the basics of detoxification and how you can reset, restore, and revitalize your body and energy levels.

DETOX DRINK INCLUDED

6:30 pm - Upper Room at Nature's Pantry

Text Blake 541-910-9333 to RSVP

THURSDAY MAY 1

GROUP WALK with Health Pros

These walks are a great way to get to know each other and encourage one another in the challenge, and they will be appropriate for all levels of fitness.

6:40 pm at La Grande High School Track

Text Nicole 503-449-9804 to RSVP

FRIDAY MAY 2

Group Hike with Misty and Jess

These hikes are a great way to get to know each other and encourage one another in the challenge, and they will be appropriate for all levels of fitness.

6 am at MERA Owsley Canyon Trailhead

Text Misty 541-910-4808 to RSVP

TUESDAY MAY 6

GROUP WALK with Health Pros

These walks are a great way to get to know each other and encourage one another in the challenge, and they will be appropriate for all levels of fitness.

6:40 pm at La Grande High School Track

Text Nicole 503-449-9804 to RSVP

THURSDAY MAY 8

FINALE CELEBRATION POTLUCK DINNER

Share your stories and successes and celebrate together. Learn how to keep your momentum going so that small habits lead to BIG CHANGE in your life.

6:30 pm - Upper Room at Nature's Pantry

Text Blake 541-910-9333 to RSVP