

# Calendar of Activities

## Weigh-ins

- Weigh-ins will be conducted at Apple Valley Town Hall, 14955 Dale Evans Parkway under the supervision of St. Joseph Health, St. Mary staff.
- The determination of the weigh-in attendants will be final.
- Contestants must weigh in once a month at a scheduled time. Missing one month may result in disqualification.
- Choose the attire you wish to be weighed in, and stay consistent each month. (photos will be taken)
- All weigh-ins will take place on the 4th Tuesday of the month. Drop in 7:30—9:30 a.m. or from 5—7 p.m. (please watch your email for the specific room)



## Walk with the Mayor

- These are not mandatory, but Challengers are encouraged to join Mayor Larry for a monthly walk, as we visit various parks and public facilities around Town. Bring your family along. Walks are on the third Wednesdays, 7—8 a.m.

## Schedule

- **WEIGH IN:** February 24—Initial weigh in for official starting weight
- **KICK-OFF:** February 28—at the Heart Games. Meet near the front of Town Hall by 9:15 for a welcome from the Mayor, some stretching, and a walk around Civic Center Park. Participation in the Heart Games is optional, but we encourage you to sign up a team to take part in this fun, family oriented fitness challenge.
- **WALK:** March 18, Civic Center Park. Meet by the stage.
- **WEIGH IN:** March 24
- **WALK:** April 15, Apple Valley Animal Shelter (You can walk a shelter dog if you want!)
- **WEIGH IN:** April 28
- **WALK:** May 20, Civic Center Park. Meet by the stage.
- **WEIGH IN:** May 26
- **WALK:** June 17—Brewster Park. Meet by the playground.
- **WEIGH IN:** June 23—Final weigh in to determine winner
- **WINNER!** June 25—Winner announced at the Sunset Concert, at approximately 7pm.

[www.HealthyAppleValley.org](http://www.HealthyAppleValley.org)

