



June is All About Employee Wellness!

AgLearn joins the USDA in celebrating National Employee Wellness Month. AgLearn gives you access to a full library of assets that will help you improve your health and well being.

[Click here to go to Books24x7 to access the Well-Being Essentials™ collection](#)

Also, support these Great USDA Wellness Events this Month!

June 4 (Thursday): Fitness Day and Fitness Center Open House

Stop by for a tour of the facility, snacks, raffle prizes as well as the free classes below (open to all)

11:00 a.m. - 2:00 p.m.

- **Insanity** at 11:45-12:30
- **Yoga** at 12:30 – 1:15
- **Pilates** at 1:15 – 1:45

Ask about the one free class pass for the month of June

South Bldg. Fitness Center

June 11 (Thursday): Financial Wellbeing

“About Federal Benefits – Part I”

1:30 p.m. - 2:30 p.m.

Whitten Bldg. 107-A

June 18 (Thursday): Financial Wellbeing

“About Federal Benefits – Part II”

11:00 a.m. - 12:00 p.m.

Whitten Bldg. 107-A

June 18 (Thursday): Stress-Free Hour

Yoga Nidra

1:15 p.m. - 1:45 p.m.

South Bldg. Fitness Center

June 23 (Tuesday): Health Awareness

Health Screenings

11:00 a.m. - 1:00 p.m.

South Bldg. Fitness Center

June 25 (Thursday): Nutrition Day

11:00 a.m. - 2:00 p.m.

South Bldg. Cafeteria

[Click here for information regarding the USDA Wellness Program](#)

Mark Your Calendars and Get in on Employee Wellness Month!

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