

MAY CHALLENGE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

JOIN OUR MAY CHALLENGE!


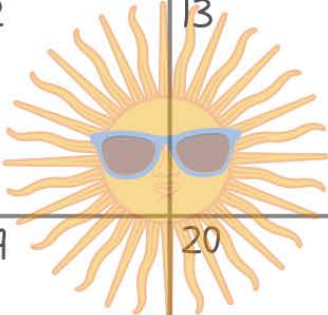
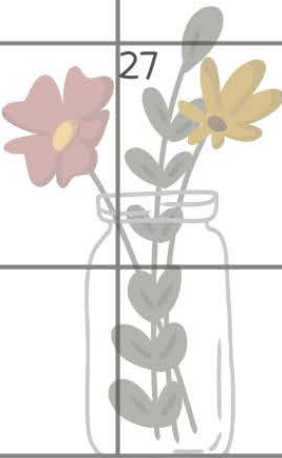

YOU WILL NEED TO FILL UP THE CALENDAR WITH:

- 15 meals that correlate to the "my plate"

- 16 days with exercise/movements to keep a healthy life style.

WHEN YOU COMPLETE IT, YOUR NAME WILL BE ENTERED INTO A DRAWING TO WIN AN INSTANT POT!

MAY 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 <i>May</i> HEALTH CHALLENGE STARTS	2	3 Yoga Smoothie WS	4 Team Building Activity TBA	5 CINCO DE MAYO 	6	7
8 21st CENTURY	9 21st CENTURY	10 Yoga Smoothie WS 21st CENTURY	11 FOOD SAMPLING 1:00 PM 3:00 PM	12 	13	14 HAPPY Mother's DAY
15	16 FOOD SAMPLING 1:00 PM 3:00 PM	17 FACE PROGRAM 10 AM-11 AM	18 FARMERS' MARKET TRAINING Watch for details	19	20	21
22 Beginner's Gardening Class 11:00 AM 12:00 PM	23	24 Yoga Smoothie WS	25 FOOD SAMPLING 1:00 PM 3:00 PM	26 	27	28
29 	30 FOOD SAMPLING 1:00 PM 2:00 PM	31 Yoga Smoothie WS				



SPRIT LAKE FOOD DISTRIBUTION

Contact us

(701) 381-9123

ROLANDA LADUCER
NUTRITION EDUCATOR

ALEXIS DRIVER
NUTRITION EDUCATION ASSISTANT



YOGA 10:15 AM-10:45 AM
SMOOTHIE BOWL WORKSHOP
10:45 AM-11:15 AM



MAY HEALTH CHALLENGE
5/1 THRU 5/31



BEGINNER'S
GARDENING CLASS



MAY

Pejuta for the Soul

FDP NUTRITION
EDUCATION

Join us for some feel
good fun that is Pejuta
for your SOUL!!

Half hour of Yoga

Why Yoga?

- Improves Flexibility
- Reduces Stress
- Promotes Better Sleep


Smoothie Bowl Workshop

Why Smoothie Bowls?

- Rich in Fibre
- Natural Sugars
- Packed with Protein
- Healthy Fats

Wednesday
May 3-10-24-31, 2023
10:15 AM - 11:15 AM

Call Rolanda or Lexi to pre-register
Limited to 10

 701-381-9123

- Yoga instructed by Farin Liggett
from Sacred Life Center



DAKOTA WORD
"PEJUTA"
MEANING
"MEDICINE"