



JUNE 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Wellness Beat - June 2026 Edition	2 9 AM - 4:30 PM Nutrition Consultations @ County Clerk's Office	3 <u>Winning with Wellness Wednesday</u>	4 9 AM - 4 PM Nutrition Presentation & Consultations @ County Court #4	5 3 PM Frontier Presentation @ Community Service Agency
8 <u>4th Step It Up Challenge Begins</u>	9 9 AM - 4:30 PM Nutrition Consultations @ County Clerk's Office	10 <u>Monthly Wellness Campaign - 1st Flyer</u> Frontier Presentations @ Juvenile Probation 7AM, 8:30 AM, 9:30 AM, 10:30 AM, & 1:30 PM	11 <u>10 AM Webinar: Men's Health</u> 9 AM - 4:30 PM Nutrition Consultations @ District Clerk's Office	12 9 AM - 12 PM Virtual Benefits <u>Consultations Availability</u>
15 <u>9 AM Ankle Brachial Index Screening @ Sheriff's Office</u>	16 <u>10 AM Webinar: Creating a Culture of Improved Employee Engagement</u>	17 <u>Winning with Wellness Wednesday</u> 9 AM Ankle Brachial Index <u>Screening @ Admin Bldg (McColl)</u>	18 3:30 PM Frontier Health Minute @ Pct 4 9:30 AM - 2 PM Ankle Brachial <u>Index Screening @ Courthouse</u>	19
Final Weigh-ins for Fat Loss Challenge				
22 8 AM Frontier Presentation @ Health Department 7:30 AM - 5:30 PM Sheriff's Office Wellness Outreach	23 <u>1 PM - 3 PM Virtual Nutrition Consultations Availability</u>	24 <u>Monthly Wellness Campaign - 2nd Flyer</u> Q2 Wellness Ambassador Meeting	25 9 AM - 4:30 PM Nutrition Consultations @ District Clerk's Office	26 3 PM Diabetes Presentation @ Community Service Agency 7:30 AM - 5:30 PM Sheriff's Office Wellness Outreach
29 9 AM - 11 AM Virtual Benefits <u>Consultations Availability</u>	30 9 AM - 3 PM Virtual Nutrition <u>Consultations Availability</u>	<p>FOR MORE INFORMATION REGARDING THESE EVENTS OR FUTURE EVENTS, EMAIL US AT hidalgocounty.wellness@co.hidalgo.tx.us</p>		