



Sum-More Fun with LiveLifeWell!

LiveLifeWell has planned a Summer full of events including Kayaking, Paddleboard, SUP, SUP Yoga, & Family Fitness Classes.

See below to learn more and register!

- 6/1 to 7/31: Fun Photo Contest! Email us your Summer Fun photos to livelifewell@conehealth.com & be entered to win!
- Fun Family Fitness Classes. Click [HERE](#).
- Kayak, Paddle boarding & SUP Yoga! Click [HERE](#) for information.
- Get Hiking! Click [HERE](#).
- Register [HERE](#) for our Family Fun Run/Walk at Barber Park! Bring the Family!

Click [HERE](#) for info on FREE Community Classes this Summer near you: Classes on the Downtown Greenway, Run the Boro Series, Be Healthy Now! Alamance, Fitness Classes on the Square in Reidsville!



LiveLifeWell
Employee Wellness: Caring for ourselves.