



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Wellness Center (812) 429-0585 Ivy Tech Wellness Online</p> <p>Follow us on Facebook and Instagram: @ivytechwellandfit</p> <p>Twitter: @ivytechwellness Click here: YouTube</p>			<p>1 Market on Main, 9:00 - 1:30, Ford Center Free Yoga, 5:30, Post House</p>	<p>2 Go apple picking at Englebrecht Orchard.</p>	<p>3 First Friday, 5:30 - 9:00, Haynie's Cor- ner</p>	<p>4 Come Walk With Me, 10:00 a.m., Audubon State Park Front Porch Fest, 3:00-8, Haynie's Corner</p>
<p>5 Spend time in nature today-go for a walk or have a picnic lunch</p>	<p>6 LABOR DAY Fitness Center Closed</p>	<p>7 Evansville Ot- ters, 6:35, Bosse Field</p>	<p>8 Market on Main, 9:00 - 1:30 QPR Training, 12:00, Lamkin Free Yoga, 5:30 Post House</p>	<p>9 QPR Training, 4:00, Lamkin Ctr</p>	<p>10 Evansville Ot- ters, 6:35, Bosse Field</p>	<p>11 LifeSavers Walk, 9:00, State Hospi- tal Evansville Otters, 6:35, Bosse Field</p>
<p>12 Evansville Otters, 12:35, Bosse Field</p>	<p>13 Try a new fruit or vegetable today.</p>	<p>14 Lemonade Stand Gather- ing, Outside Entrance C, 11:00 - 1:00</p>	<p>15 Market on Main, 9:00 - 1:30, Ford Center Free Yoga, 5:30, Post House</p>	<p>16 Drink four 8-oz glasses of water</p>	<p>17</p>	<p>18 USI Doggie Dash, 8:30, USI</p>
<p>19 Fly a kite or play some yard games with your kids.</p>	<p>20 Send a thinking of you card to someone in a nursing home.</p>	<p>21 Lemonade Stand Rain Date, 11:00- 1:00</p>	<p>22 Free Yoga, 5:30, Post House</p>	<p>23 Plant some mums at home.</p>	<p>24 Make some popcorn and watch a movie outdoors.</p>	<p>25 Pumpkin Run/ Walk, 8:30, Pos- eyville Fall Funk in the City, Haynie's Cor-</p>
<p>26 Komen Race for the Cure Eastland Mall 9:00 a.m.</p>	<p>27</p>	<p>28 Invite a friend out for a smooth- ie or yogurt.</p>	<p>29 Find a new walk- ing route. Free Yoga, 5:30, Post House</p>	<p>30 QPR Training, 6:00 pm, Vectren Auditorium</p>	<p>SEPTEMBER IS SUICIDE PREVENTION AWARENESS MONTH</p> 	

"Failure will never overtake me if my determination to succeed is strong enough." ~Og Mandino