

## June 2026 - Wellness Academy Sessions

| Academy Track   | Session Title  | Date/Time  | Location   |
|-----------------|--|--|--|
| Fitness         | <a href="#"><u>Step Into Spring: Wellness Walks</u></a>                                | Friday, 5/1/26<br>10:00am-11:00am                                  | Briar Creek Greenway                                   |
| Nutrition       | <a href="#"><u>Eating Well with Chef Cordell Cooking Demo</u></a>                      | Thursday, 5/7/26<br>6:30-7:30pm                                    | SEHD Multipurpose Room                                 |
| Fitness         | <a href="#"><u>Step Into Spring: Wellness Walks</u></a>                                | Friday, 5/8/26<br>6:00-7:00pm                                      | Fourth Ward Park                                       |
| Nutrition       | <a href="#"><u>Simple Steps to a Healthier You Nutrition Cooking Series</u></a>        | Tuesday, 5/12/26<br>6:00-7:30pm                                    | Friendship Missionary Baptist Church Conference Center |
| Mental Wellness | <a href="#"><u>Becoming A Healthier You: Mental Health &amp; Well-being Series</u></a> | Thursday, 5/28/26<br>1:00-2:30pm                                   | Virtual  |
| Fitness         | Pickleball   | Tuesday and Thursday (except 4 <sup>th</sup> Thursday)<br>10am-2pm | The Park Church  |
| Fitness         | Line Dancing   | Mondays (Ongoing)<br>5:00-6:00pm                                   | Greenville Memorial AME Zion Church                    |
| Fitness         | Line Dancing   | Tuesdays & Fridays (Ongoing)<br>6:15-7:15pm                        | First Baptist Church West                              |

To Register, click the hyperlinks, scan the QR code, or visit [Health.MeckNC.gov/MeckMoves](https://Health.MeckNC.gov/MeckMoves)



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