### Men’s Health Month

#### Upcoming Events

**National Running Day!**  
*June 3rd*  
7:00am, 12:15pm, 6:00pm  
Come out and run with Blomeyer today to get your exercise and to celebrate National Running day!

**Eat Your Vegetables Day**  
*June 17th*  
Don’t forget to eat your veggies! Stop by the front desk today for a complimentary healthy snack!

**5k Run in the Sun Challenge!**  
*June 1st-23rd*  
Challenge yourself to some miles! Complete 25 miles in this 3-week period June 1st-19th to qualify for Blomeyer’s 5k June 22nd and 23rd!

**Father’s Day Raffle**  
*June 15th-19th*  
Bring in a picture of you and your family and post it on our Fathers Day Wall. Enter your name into the raffle to win an awesome Father’s Day Basket. Drawing will be on Friday the 19th at noon.

**Member Appreciation Day**  
*June 24th*  
Thank you for choosing Blomeyer for your

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**BLOMEYER**

**HEALTH & FITNESS CENTER**

**AT EMBERY**

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#### June 2015

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**Father’s Day Raffle**

| ![Father's Day](image) | Blomeyer 5k Challenge Day | Blomeyer 5k Challenge Day | Member Appreciation Day | Blomeyer 5k Challenge Day | 5k Run in the Sun Challenge Ends | Eating Veggies Day | 5k Run in the Sun Challenge Start | National Running Day! |