



MINORITY  
MENTAL HEALTH  
AWARENESS MONTH

# Brussels FMWR July 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				July Summer Reading Read Beyond the Beaten Path @Library	1 First Friday Fun 6PM @3 Star	2
3	4 <b>Independence Day</b>	5 <b>Training Holiday</b> Pump It Up 10AM Yoga 11:30AM @Fitness Center Brussels Library FB Live @1030	6 Workout Wednesdays @Fitness Center StoryTime 1PM Crafternoon 1:30PM @Library	7 Pump It Up 10AM Yoga 11:30AM @Fitness Center	8 Karaoke Night 6PM@3 Star	9
10	11 Curbside Crafts @Library	12 Pump It Up 10AM Yoga 11:30AM @Fitness Center Brussels Library FB Live @1030	13 Workout Wednesdays @Fitness Center StoryTime 1PM Crafternoon 1:30PM @Library	14 Pump It Up 10AM Yoga 11:30AM @Fitness Center Gazebo Outreach 12PM @Library CYS Youth Sponsorship Welcome to the Benelux Trip	15 Art Attack! Pocket-sized Painting 6:30PM @Library	16
17	18	19 Pump It Up 10AM Yoga 11:30AM @Fitness Center Brussels Library FB Live @1030	20 Workout Wednesdays @Fitness Center StoryTime 1PM Crafternoon 1:30PM @Library	21 <b>Belgian National Day</b> Pump It Up 11AM Yoga 11:30AM @Fitness Center	22	23
24	25 Curbside Crafts @Library	26 Pump It Up 10AM Yoga 11:30AM @Fitness Center Brussels Library FB Live @1030	27 Workout Wednesdays @Fitness Center StoryTime 1PM Crafternoon 1:30PM @Library	28 Pump It Up 10AM Yoga 11:30AM @Fitness Center Gazebo Outreach 12PM @Library	29 Trivia Night 6PM@3 Star	30
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For more information, visit: [brussels.armymwr.com](https://brussels.armymwr.com)

DATES ARE SUBJECT TO CHANGE

