

# Program schedule



Week	Date	Time	Type	Topic	Location
1	5/5/26	12-1 pm	Parent	All About Healthy Together	Virtual
	5/6/26	4-5 pm	Family	Introduction to Healthy Together	GMC Carney Conference
2	5/12/26	12-1 pm	Parent	Nutrition	Virtual
	5/13/26	4-5 pm	Family	Fitter, Healthier, Happier	GMC Carney Conference
3	5/19/26	12-1 pm	Parent	Get SMART	Virtual
	5/20/26	4-5 pm	Family	The Scoop on Grains	Eyer Park
4	5/26/26	12-1 pm	Parent	Be an Active Family	Virtual
	5/27/26	4-5 pm	Family	Be a Healthy Together Superstar	Community Garden
5	6/02/26	12-1 pm	Parent	External Triggers	Virtual
	6/03/26	4-5 pm	Family	Fats and Sugars	Lloyd Square Park
		5-6 pm	Activity	Active Outdoor Game	
6	6/09/26	12-1 pm	Parent	Role Modeling Healthy Behaviors	Virtual
	6/10/26	4-5 pm	Family	How to be a MEND Detective	West Glendive Park
		5-6 pm	Activity	Active Outdoor Games	
7	6/16/26	12-1 pm	Parent	Label Reading	Virtual
	6/17/26	4-5 pm	Family	Ready, Steady, Eat... The MEND way	Makoshika Park
		5-6 pm	Activity	Guided Hike in Makoshika	
8	6/23/26	12-1 pm	Parent	Internal Triggers	Virtual
	6/24/26	4-5 pm	Family	Who wants to be a Healthionaire?	Eyer Park
		5-6 pm	Activity	Active Outdoor Games	
9	6/30/26	12-1 pm	Parent	Tastes, Traditions, Beliefs and Health	Virtual
	7/01/26	4-5 pm	Family	Exploring Our Roots, Cultures and Traditions	Whipkey Park
		5-6 pm	Activity	Whipkey Park & Splash Park	
10	7/07/26	12-1 pm	Parent	Is Bobby Hungry?	Virtual
	7/8/26	4-5 pm	Family	Parties, Eating Out and Special Occasions	Makoshika Park
		5-6 pm	Activity	Lions Camp Potluck & Active Outdoor Games	