



SEPTEMBER IS
NATIONAL
SUICIDE PREVENTION
AWARENESS MONTH

Brunssum FMWR September 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
CYS Sports Enrollments: Snowboarding, Cheerleading Co-Ed & Junior Girls Basketball October 24 - November 25				1	2 Training Holiday Momma Fit 9:30AM @The HUB	3 Pirates of the Caribbean Movie Marathon 8:30AM @The HUB
4	5 Labor Day	6	7 Hump Day HIIT 12PM Pound It Out 4PM @The HUB	8	9 Momma Fit 9:30AM @The HUB	10 9/11 Patriot 3/5 Walk/Run 9:11AM @ The Hub
11	12	13	14 Hump Day HIIT 12PM Pound It Out 4PM @The HUB	15 Parent Advisory Board 12PM @CYS	16 Momma Fit 9:30AM @The HUB Parent's Night Out 6:30PM @CYS	17
18	19	20	21 Hump Day HIIT 12PM Pound It Out 4PM @The HUB	22	23 Momma Fit 9:30AM @The HUB	24
25	26	27	28 Hump Day HIIT 12PM Pound It Out 4PM @The HUB	29	30 Momma Fit 9:30AM @The HUB	

For more information, visit: brunssum.armymwr.com

DATES ARE SUBJECT TO CHANGE

