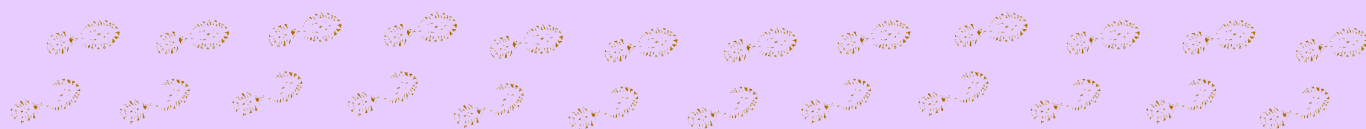


JUST MOVE IT ONEIDA

2022 Event Dates



JUST MOVE IT ONEIDA (JMIO) is a campaign to promote physical activity for Oneida Community Members. Events are free and open to families of all ages. Every new registrant who participates receives a free t-shirt. Just Move It Oneida is coordinated by Oneida Health Promotion of the Comprehensive Health Division.



January 12, 2022	New Year's Challenge
February 9, 2022	Healthy Heart Kickstart
March 23, 2022	Marching Toward Health
April 13, 2022	Spring into Action
May 18, 2022	Get Movin' May
June 15, 2022	Kickoff to Summer Fun
July 20, 2022	Summer Strong
August 17, 2022	Beat the Heat
September 14, 2022	Diabetes Dash
October 15, 2022	Spooktacular Fun
November 16, 2022	Turkey Trot
December 14, 2022	Merry Fitmas

