

2023

Just Move It Oneida 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 the Oneida Comprehensive Division Health Promotion Department.

January 11th

New Year's Challenge
Oneida Nation
Elementary School
4-6pm

February 8th

Healthy Heart
Kickstart
Oneida Nation
Elementary School
4-6pm

March 15th

Marching Toward
Health
Oneida Nation
Elementary School
4-6pm

April 12th

Spring into Action
Oneida Nation
Elementary School
4-6pm

May 17th

Get Movin' May
Oneida Nation
Elementary School
4-6pm

June 14th

Kickoff to Summer Fun
Oneida Lake
4-6pm

July 26th

Bicentennial Walk
Oneida Lake
4-6pm

August 16th

Beat the Heat
Oneida Lake
4-6pm

September 13th

Diabetes Dash
Oneida Nation
Elementary School
4-6pm

October 21st

Spooktacular Fun
Oneida Nation
Elementary School
9-11am

November 15th

Turkey Trot
Oneida Nation
Elementary School
4-6pm

December 13th

Merry Fitmas
Oneida Nation
Elementary School
4-6pm

