

Calendar of Events



June 6
First Friday Event
Health Humorist Comedian
Westar-1st floor auditorium
11:45



June 13
Sit & Be Fit
Tone & Strengthen at your desk
South Steps of Capitol
11:40am & 12:10pm

June 18
Capitol Midweek Market Event
Greg Fox of Row House
9:30am-10:30am



June 20
Yoga
South Steps of Capitol
11:40am & 12:10pm

June 25
Capitol Midweek Market Event
Grilling - Beef Council
11am-12pm

June 27
Hula-Hooping
South Steps of Capitol
11:40am & 12:10pm

July 4
Holiday
No first Friday Walk

July 16
Capitol Midweek Market Event
TBD-Check back soon!

July 25
Hula-Hooping
South Steps of Capitol
9:30am



August 1
First Friday Walk Art Walk
Kansas Ave & 10th—
11:30am

August 20
Capitol Midweek Market Event
TBD-Check back soon!

September 5
1st Friday Fitness Course Walk
South Capitol Steps
11:40am and 12:10pm



September 17
Capitol Midweek Market Event
Chili Roasting! All day

October 3
First Friday Walk History Walk
11:40am and 12:10pm
South Steps of Capitol

October 15
Last Capitol Midweek Market
Chef Demo: SOUP!