**May 8 RSVP - VIRTUAL**

**SPA NIGHT**

Pick up Wednesday, May 19

Need a reason to relax? Sign up for one of MedMates spa kits and host your own individual spa night at home! Kit includes: bath bomb, face mask, and a few other relaxation goodies! Be sure to RSVP by May 8 to reserve your own bag. Text Abby at (434)-426-3836.

**May 10 RSVP - VIRTUAL 5K**

Saturday, June 19 | 7am - 6pm

MedMates is putting together our first virtual 5k!! How does a virtual 5k work? Easy, you pick your route and time of day you can complete the run, run the 5k (3.1 miles) then post it on the MedMates Facebook page (or if you’re like me and do not have Facebook you can text me) when you finish! Simple! There are some beautiful trails at Al Sabo Land Preserve in Texas Township. MedMates is working on designing T-shirt’s for this crazy fun event! Must RSVP by May 10th with Tshirt size! Please RSVP to Luralynn Brech at (605)-685-3982.

**May 10 - BOOK CLUB**

Monday | 10am:

30-minute discussion of *Braiding Sweetgrass* by Robin Wall Kimmerer! Participants will be reimbursed for their coffee if their receipt is emailed to Ariel at airbear@gmail.com that day. Email Ariel or check Facebook for Zoom link!

**May 15 - COOKING WITH THE TURNERS!**

Saturday | 5pm:

Join the Turners this month with another at home cooking night! We are doing a Mexican food theme influenced by Dr. Turner’s SoCal background. Learn Wes’ super simple salsa recipe and cook along with us while we make steak fajitas. Virgin margaritas included! Must RSVP by May 8. Text Abby to reserve your spot at (434)-426-3836.

**MedMates Openings!**

Interested in participating on our MedMates team? We would love to have you! Please contact Abby Turner at (434)-426-3836 for more information on how you can get involved!

**Graduating Residents**

If you are moving and want to share your house or rental information with incoming interns. Please send your information to kzoomedmates@gmail.com.

__ALL ACTIVITIES ARE VIRTUAL__

**JOIN US**