



COUNTYWIDE
FITNESS CHALLENGE 2016

Your November 2016 Wellness Calendar

Gifts of time & love are surely the basic ingredients of a truly Happy Holiday Season!

~ November 2016 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						<p>“Play for Life!” CFC Event Santa Fe Dam</p>
			<p>WEBINAR: Diabetes: Small Steps to Prevention and Management for You and Your Family</p>	<p>Healthy Connections: Nutritious & Tasty Holiday Recipes –Live Food Demos & Samples (Hall of Administration Room B-62)</p>		
		<p>WEBINAR</p>				
				<p>2016 Flu Clinic bookings are available now!! Keep your workforce healthy and happy this flu season. Appointments available from 9/13/16 – 12/9/16. Contact Kelly (health.fax@cox.net) of HealthFax to book yours now!!</p>		

