

**WELLNESS CALENDAR | May 2018**

**WOMEN'S HEALTH**



Sun	Mon	Tues	Wed	Thurs	Fri	Sat
<b>May is...</b> Mental Health Awareness Month & Bike to Work Month		1	2	3	4	5 <b>Cinco de Mayo</b> 
6	7	8	9 <b>Webinar:</b> <a href="#">Aging with Grace: Women's Health for All Ages</a>	10 <b>Healthy Connections:</b> Women's Health Week – Taking Control of Your Health	11	12
13 <b>Mother's Day</b> 	14	15	16 <b>BFF Webinar:</b> <a href="#">Children and Money</a> 	17 	18	19  <b>Nourish Your Heart</b> CFC EVENT Hacienda Heights
20	21	22	23 <b>Webinar:</b> <a href="#">Fitness Motivation</a> <b>Wellness Fair</b> 9am-2pm 39959 Sierra HWY Palmdale, CA	24 <b>Healthy Connections:</b> Summer Nutrition and Recipes	25	26
27	28 <b>Memorial Day</b> 	29	30	31	1	2