


WELLNESS CALENDAR | September 2018



Sun	Mon	Tues	Wed	Thurs	Fri	Sat
<p><b>September is...</b></p> <ul style="list-style-type: none"> <li>• Healthy Aging Month • Women's Health and Fitness Day (Sept. 26<sup>th</sup>)</li> <li>• National Childhood Obesity Awareness Month</li> <li>• Fruits and Veggies – More Matters Month</li> <li>• <b>FLU SHOTS!</b> Contact Kelly (health.fax@cox.net) to book your appointment now!!</li> </ul>						1
2		4	5	6	7	8
9	10	<p><b>BFF Class:</b> Estate Planning, Wills &amp; Trusts 12 pm to 1 pm Rancho Los Amigos Medical Center</p>	<p><b>Webinar:</b> Trust Your Gut: Managing Digestive Issues</p>	13	14	15
16	<p><b>BFF Class:</b> Estate Planning, Wills &amp; Trusts 12pm to 1pm Public Works</p>	18	19	<p><b>Healthy Connections:</b> Eating Lean, Mean, &amp; Green <b>BFF Webinar:</b> <a href="#">Student Loan Repayment Strategies</a></p>	21	<p><b><a href="#">BE ONE WITH NATURE</a></b>  <b><a href="#">REGISTER</a></b> CFC EVENT Alondra Park</p>
23/30	24	25	<p><b>Wellness Fair:</b> 9am – 2pm Child Support Services 5770 S. Eastern Ave., Commerce</p>	27	28	29