

WELLNESS CALENDAR | January 2019



Sun	Mon	Tues	Wed	Thurs	Fri	Sat
January is... ❖ Cervical Health Awareness Month ❖ Thyroid Awareness Month		1 	2	3	4	5
6 	7	8	9	10	11	12
13	14	15	16 Webinar: Spread Thin: The Sandwich Generation	17 Healthy Connections: Taking Care of YourSELF Hall of Admin Room B62 RSVP HERE	18	19
20	21 Martin Luther King Day	22 Team Registration Starts Today (Competition begins 2/4/19)	23	24 BFF Webinar The Financial Wellness Playbook 	25	26
27	28	29	30	31 Healthy Connections: Eat, Sleep, Beat Cancer, Repeat Hall of Admin Room B62 RSVP HERE		