

WELLNESS CALENDAR | May 2019



Sun	Mon	Tues	Wed	Thurs	Fri	Sat
May is... Arthritis Awareness Month National Osteoporosis Month Skin Cancer Awareness Month			1 Wills & Trust: Harbor-UCLA Medical Center	2	3	4
5 Cinco de Mayo 	6	7	8 Webinar: Aging Parents: Finding the Right Care Wellness Fair: Zev Yaroslavsky Family Support Center	9 Healthy Connections: Venus & Mars: Differences between Men and Women's Health (Use Code 1203)	10	11
12 Mother's Day 	National Women's Health Week					18 TAKE A HIKE! RSVP Here Kenneth Hahn State Rec Area 8 am – 12 pm
19	20	21 BFF Webinar: Financial Q&A 	22 Webinar: Men's and Women's Health Enhancement & Disease Prevention	23 Healthy Connections: Summer Nutrition and Recipes (Use Code 1203) Hall of Admin	24	25
26	27 	28	29	30	31	1