

2022 Wellness Calendar

July				
Mon	Tue	Wed	Thu	Fri
				1
4	5 WBS-Schools Out -10am	6	7	8
11	12	13	14	15
18	19 WBS-Family Vacation -10am	20 Sun Safety -8am Identifying Your Purpose -12pm	21 Summer Fresh Picnics -12pm	22
25	26	27 Well onTarget -12pm	28	29

September				
Mon	Tue	Wed	Thu	Fri
			1	2
5	6	7	8	9
12	13 Power of Prevention -12pm	14 *BC-Well onTarget - 12pm	15	16
19	20	21 PHP- Webinar -12pm	22 PHP-Cooking Demo -12pm	23
26 Deep Rest 11:15am	27	28 Prevention is Powerful -8am/12pm	29	30

November				
Mon	Tue	Wed	Thu	Fri
	1	2	3	4
7	8 Weaving Well-being into our lives -12pm	9	10	11
14	15	16 PHP- Webinar -12pm	17 -12 PHP-Cooking Demo -12pm	18
21	22	23	24	25
28 Mindfulness Eating 11:45am	29	30 Create a Balanced Life -8am/12pm		

August				
Mon	Tue	Wed	Thu	Fri
1	2	3	4	5
8	9	10 BC-Well onTarget -3:30pm	11	12
15	16	17 PHP- Webinar -12pm	18 PHP-Cooking Demo -12pm	19
22	23	24 Financial Fitness -8am/12pm	25	26
29 Gratitude Journaling -11am	30	31 BC-Well onTarget -3:30		

October				
Mon	Tue	Wed	Thu	Fri
3	4	5	6	7
10	11 Health Bones & Joints -12pm	12	13	14
17	18	19 PHP- Webinar -12pm	20 PHP-Cooking Demo 12pm	21
24 Muscle Mobilization -11:30am	25	26 Strong Bodies -8am/12pm	27	28
31				

December				
Mon	Tue	Wed	Thu	Fri
			1	2
5	6	7	8	9
12	13 Understanding Burnout -12pm	14 Less is More 8am/12pm	15	16
19 Laughter is the Best Medicine -12pm	20	21 PHP- Webinar -12pm	22 PHP-Webinar -12pm	23
26	27	28	29	30