

Employee Health & Wellness Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 IGC Walking Group	2 Statehouse Market Weight/BP Checks IU Health/Wellness Ctr. (1:30 pm – 3:30 pm)	3 Independence Day <i>Observance</i>	4 Independence Day
5 Register for the Steps Challenge before 11:59 p.m!	6 Steps Challenge Begins IGC Walking Group Exercise Class - Outside (Noon – 1 p.m)	7 HumanaVitality Webinar (Noon – 1 p.m)	8 IGC Walking Group Yoga - Statehouse Lawn (Noon – 1 p.m)	9 Statehouse Market	10 IGC Walking Group Health Fair - Atrium & Conf. Rm A, B & C (7:30 am - 3 pm)	11
12	13 IGC Walking Group	14	15 IGC Walking Group Pilates - Statehouse Lawn (Noon – 1 p.m)	16 Statehouse Market Weight/BP Checks IU Health/Wellness Ctr. (1:30pm – 3:30pm)	17 IGC Walking Group Fit by 40 Walk (Noon – 12:30 p.m.)	18
19	20 IGC Walking Group	21 Agency Head Walk (Noon– 12:30 p.m.)	22 IGC Walking Group Yoga - Outside TBD (Noon – 1 p.m)	23 Statehouse Market	24 IGC Walking Group Crossfit Light - IGC Conf. Rm B (Noon – 1 p.m) YMCA Family Fitness Weekend	25 YMCA Family Fitness Weekend
26 YMCA Family Fitness Weekend	27 IGC Walking Group	28 Lunch & Learn (Financial) Noon - 1 p.m. Conf. Rm 16	29 IGC Walking Group Yoga - Exercise Class (Noon – 1 p.m) Conference RM B	30 Statehouse Market Zumba - East Courtyard (Noon – 1 p.m) Weight/BP Checks IU Health/Wellness Ctr. (1:30pm – 3:30pm)	31 IGC Walking Group Steps Challenge Ends	