

# Employee Health & Wellness Month

| Sunday  | Monday   | Tuesday   | Wednesday   | Thursday  | Friday  | Saturday                                    |
|---|--|---|---|---|---|---|
|   |  |   | <b>1</b>  | <b>2</b>  | <b>3</b><br>Independence Day<br><i>Observance</i> | <b>4</b><br>Independence Day                |
| <b>5</b><br>Register for the Steps Challenge before 11:59 p.m | <b>6</b><br>Steps Challenge Begins                       | <b>7</b><br>HumanaVitality Webinar (Noon – 1 p.m)             | <b>8</b>  | <b>9</b><br>Have you visited a local farmer’s market yet? | <b>10</b>   | <b>11</b><br>Cut out all sugar drinks today |
| <b>12</b>   | <b>13</b>  | <b>14</b><br>Schedule your Vitality Check or annual check up! | <b>15</b>   | <b>16</b>   | <b>17</b><br>Take a hike in a State Park!         | <b>18</b>                                   |
| <b>19</b>   | <b>20</b><br>Drink 8 glasses of water everyday this week | <b>21</b>   | <b>22</b><br>Try a new healthy recipe                   | <b>23</b>   | <b>24</b><br>YMCA Family Fitness Weekend          | <b>25</b><br>YMCA Family Fitness Weekend    |
| <b>26</b><br>YMCA Family Fitness Weekend                      | <b>27</b>  | <b>28</b>   | <b>29</b><br>Start your day with a 45 minute power walk | <b>30</b>   | <b>31</b><br>Steps Challenge Ends!                |   |