

Employee Health & Wellness Month

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Healthy Lifestyles Steps Challenge Begins	2	3 Last day to register for Steps Challenge!	4 Independence Day	5
7	8 Schedule your biometric screening or annual check up!	9	10 Have you visited a local farmer's market yet?	11	12 Try to get 8 hours of sleep every day this weekend
14 Start your day with a 45 minute power walk	15	16	17	18 YMCA Family Fitness Weekend (July 18-20)	19 YMCA Family Fitness Weekend (July 18-20)
21 Drink 8 glasses of water everyday this week	22	23	24 Try a new healthy recipe	25	26
28	29	30	31 Steps Challenge ends! Remember to log all steps online	Resources: <ul style="list-style-type: none"> • Investinyourhealthindiana.com • MyHealthyLifestyles.com • Benefits: toll-free (877) 248-0007, locally (317) 232-1167 • Anthem EAP - 1-800-223-7723 	

