


2017-2018 Wellness Calendar

<p><u>July 2017</u></p> <p><i>2017-18 Wellness Program Overview CLASS</i></p> <p><i>Chronic Condition Management PROGRAM</i></p>	<p><u>August 2017</u></p> <p>Blood Pressure SCREENING</p> <p><i>Chronic Condition Management PROGRAM</i></p>	<p><u>September 2017</u></p> <p>Check. Change. Control. PROGRAM</p> <p><i>Understanding Blood Pressure CLASS</i></p>
<p><u>October 2017</u></p> <p><i>2017-18 Wellness Program Overview CLASS</i></p> <p>Check. Change. Control. PROGRAM</p> <p><i>Feasting for a Fit Heart CLASS</i></p> <p>Blood Pressure SCREENING</p> <p>Flu Shots</p>	<p><u>November 2017</u></p> <p>Check. Change. Control. PROGRAM</p> <p><i>Physical Activity and Your Heart CLASS</i></p> <p>National Healthy Eating Day</p>	<p><u>December 2017</u></p> <p>Check. Change. Control. PROGRAM</p> <p><i>BP Management CLASS</i></p>
<p><u>January 2018</u></p> <p><i>2017-18 Wellness Program Overview CLASS</i></p> <p><i>Metabolic Syndrome CLASS</i></p> <p><i>Fit and Fabulous You PROGRAM</i></p> <p>Heart and Sole Shoe Fitting</p>	<p><u>February 2018</u></p> <p><i>Fit and Fabulous You PROGRAM</i></p> <p>5K Training PROGRAM</p> <p><i>Chronic Condition Management PROGRAM</i></p> <p>Blood Pressure SCREENING</p>	<p><u>March 2018</u></p> <p><i>Understanding Cholesterol CLASS</i></p> <p>5K Training PROGRAM</p> <p><i>Chronic Condition Management PROGRAM</i></p>
<p><u>April 2018</u></p> <p><i>2017-18 Wellness Program Overview CLASS</i></p> <p>5K Training PROGRAM</p> <p>5K Race TBD</p> <p>National Walking Day</p>	<p><u>May 2018</u></p> <p>Health SCREENING</p>	<p><u>June 2018</u></p>  <p>INCENTIVES AWARDED</p>

BLUE = CLASS

GREEN = SCREENING

RED = PROGRAM/CHALLENGE

PINK = EVENT