



2022 Wellness

At-A-Glance

January	February	March	April	May	June
<p>Wellness Program Begins</p> <p><i>Let's do this!</i></p> <p>Q1 Challenge Healthy Habits</p> 	<p>Q1 Challenge Water Challenge</p>  <p>8, 9, and 10 Cardiovascular Health Screenings CAC – 8am to 5pm *appointment required</p> 	<p>Q1 Challenge Mindfulness</p> 	<p>Q2 Challenge Unplug & Unwind</p> <p><i>unplug</i></p> <p>15 1st Quarter tracker due</p>	<p>Q2 Challenge Give it up or Take it on</p> <p><i>"you got this"</i></p>	<p>Q2 Challenge Step Goal</p>  <p>29 Lunch N' Learn - Mindfulness</p>
July	August	September	October	November	December
<p>Q3 Challenge Stop the Pop</p>  <p>15 2nd Quarter tracker due</p>	<p>Q3 Challenge No Sugar Knockout</p>  <p>Wellness Fair - TBD</p> 	<p>Q3 Challenge Sunscreen</p> 	<p>Q4 Challenge Cut out a Vice</p> <p><i>way to go!</i></p> <p>Flu Shots - TBD</p>  <p>14 3rd Quarter tracker due</p>	<p>Q4 Challenge 10K a Day</p> 	<p>Q4 Challenge No Food Waste</p>  <p>January 13 4th Quarter tracker due</p>