



Employee Wellness 23-24 Calendar Events

	Monthly Topic	Education Topics/Programs
S	Hydration	Water Education, Hydration Challenge
O	Bone and Joint	Bone and Joint Education, Fall Fest Survival Guide
N	Foot Health	Foot Health Education, Step challenge
D	Healthy Holidays	Stress management, Holiday Survival Guide
J	New Year, Better Me	Resolution Tips
F	Heart Health	Heart Health Education
M	National Nutrition Month	Healthy Eating on a Budget
A	Disease Prevention	Obesity and Cancer Prevention, Battleship
M	Mental Health	Mental Health Awareness Month, Positive Self Talk
J	Skin Health	Skin Health Education
J	Cholesterol	Managing Cholesterol Education
A	Weight Management/ Diabetes	Weight Management Education