



February 2018 – Wellness Activities

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Ski Club Ongoing JCC Exercise Ongoing	Step Challenge	1 Weight Watchers Dunham-5:15 (Start of 26 wk. series)	2 Groundhog Day	3 Kick Cabin Fever-Mayville
4 Super Bowl	5 Report Steps to Heather	6	7 Wellness Wednesday	8 Diabetes L&L Dunham-12:10 Weight Watchers Dunham-5:15	9	10
11	12 Report Steps to Heather	13	14 Valentine's Day Wellness Wednesday 	15 Weight Watchers Dunham-5:15	16	17
18	19 HOLIDAY  Presidents' Day	20	21 Wellness Wednesday Retirement Plan Q&A-MJRC Key Bank-12:30-1:30	22 Weight Watchers Dunham-5:15	23	24
25	26 Report Steps to Heather	27	28 Wellness Wednesday Wellness Committee Dunham-3:00			