




March 2018 – Wellness Activities

“GO GREEN”

Gambling Awareness Month; National Nutrition Month; Sleep Awareness Month; Colon Cancer Awareness Month (CHQ Blue); Social Work Month

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		JCC Exercise Ongoing	Step Challenge Ongoing	1 Leprechaun Challenge Motivation L&L-MJRC Weight Watchers Dunham-5:15	2 TRC Gives Back-WOW Fund	3
4	5 Report Steps to Heather Motivation L&L Dunham	6	7 Wellness Wednesday	8 Weight Watchers Dunham-5:15	9 TRC Gives Back-WOW Fund Leprechaun Steps to Heather	10
11 Daylight Savings Time Begins	12 Report Steps to Heather	13	14 Wellness Wednesday Retirement Plan Q&A-Dunham 9-10:00	15 Weight Watchers Dunham-5:15	16 TRC Gives Back-WOW Fund Leprechaun Steps to Heather Motivation L&L Lakeshore	17 St. Patrick's Day
18	19 Report Steps to Heather	20 1 st Day of Spring	21 Wellness Wednesday	22 Weight Watchers Dunham-5:15	23 TRC Gives Back-WOW Fund Leprechaun Steps to Heather	24
25 Palm Sunday	26 Report Steps to Heather	27	28 Wellness Wednesday Wellness Committee Dunham-3:00	29 Weight Watchers Dunham-5:15	30 HOLIDAY  Good Friday	31