




April 2018 – Wellness Activities

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 EASTER  April Fool's Day	2 Report Steps to Heather World Autism Awareness Day Nat'l Public Health Week	3 Let's Chat Dunham-5:00	4 Wellness Wednesday Nat'l Walking Day	5 Weight Watchers Dunham-5:15	6 TRC Gives Back-March for Babies	7 World Health Day
8	9 Step Challenge Ends	10	11 Wellness Wednesday	12 Weight Watchers Dunham-5:15	13 TRC Gives Back-March for Babies	14 Defensive Driving 121 Willard St. 9-3:00
15 Tax Day	16	17	18 Wellness Wednesday	19 Weight Watchers Dunham-5:15	20 TRC Gives Back-March for Babies	21
22 Earth Day	23	24	25 Admin. Professionals Wellness Wednesday Nat'l Walk @ Lunch Wellness Committee Dunham-3:00	26 Biometric Results L&L-2 nd Fl. BR Dunham Weight Watchers	27 Blood Drive TRC Gives Back-March for Babies	28 Nat'l. Take Back Day
29	30	JCC Exercise Classes 4/9-5/5	Nat'l Humor Month Oral Cancer Awareness Alcohol Awareness	Stress Awareness Nat'l. Autism Month Parkinson's Disease Awareness	Occupational Therapy Month	