



May 2018 – Wellness Activities

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Mental Health Month HBP Awareness Osteoporosis Arthritis Skin Cancer</p>	<p>Nat'l. Physical Fitness/Sports</p> <p>Better Hearing & Speech</p>	<p>1</p>	<p>2 Wellness Wednesday</p>	<p>3 Weight Watchers Dunham-5:15</p>	<p>4</p>	<p>5 Cinco de Mayo</p> <p>JCC Exercise ends for semester</p>
<p>6 March for Babies Buffalo-8AM Reg.</p>	<p>7 Nat'l. Nurses Week</p>	<p>8</p>	<p>9 Wellness Wednesday</p>	<p>10 Sleep Apnea L&L Lakeshore-12:10</p> <p>Weight Watchers Dunham-5:15</p>	<p>11</p>	<p>12</p>
<p>13 Mother's Day</p>	<p>14</p>	<p>15 Sleep Apnea L&L Special Events-12:10</p>	<p>16 Wellness Wednesday</p> <p>TRC Symposium</p>	<p>17 Weight Watchers Dunham-5:15</p>	<p>18</p>	<p>19</p>
<p>20</p>	<p>21</p>	<p>22 Biometric Results L&L-QA/QI Dunham</p>	<p>23 Wellness Wednesday</p>	<p>24 Weight Watchers Dunham-5:15</p>	<p>25</p>	<p>26</p>
<p>27</p>	<p>28 HOLIDAY</p>  <p>Memorial Day</p>	<p>29</p>	<p>30 Wellness Wednesday</p>	<p>31 Weight Watchers Dunham-5:15</p> <p>WHO No Tobacco Day</p>	<p>TRC Gives Back Fridays-MS Society</p>	