



June 2018 – Wellness Activities

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|--|---|---|---|---|
| Fitness in the Parks | Alzheimer's & Brain Awareness Month Men's Health Month | National Safety PTSD Month Elder Abuse Awareness | Migraine & Headache Awareness | | 1 Summer of Change Challenge begins | 2 Shake Rattle & Roll Poker Run-10:00 |
| 3 | 4 | 5 | 6 Wellness Wednesday Deskercise L&L MJRC | 7 Weight Watchers Dunham-5:15 | 8 | 9 |
| 10 | 11 Report progress to Heather | 12 | 13 Wellness Wednesday | 14 Weight Watchers Dunham-5:15 FLAG DAY | 15 | 16 |
| 17  Father's Day | 18 Report progress to Heather | 19 | 20 Wellness Wednesday Deskercise L&L Lakeshore | 21 Weight Watchers Dunham-5:15 SUMMER BEGINS | 22 | 23 |
| 24 | 25 Report progress to Heather | 26 | 27 Wellness Wednesday Deskercise L&L Cappa Wellness Committee Dunham-3:00 | 28 Healthy Cook Off-Dunham NO Weight Watchers | 29 | 30 |