



July 2018 – Wellness Activities

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Report progress to Heather	3	4 HOLIDAY 	5 Weight Watchers Dunham-5:15	6	7 Farmers Market-Cherry St. 10-2:00
8	9 Report progress to Heather	10 Laurel Run Newspaper Sales Value of Public Markets L&L-MJRC	11 Wellness Wednesday	12 Weight Watchers Dunham-5:15	13 Dept. Baskets due for Picnic Raffle (bike racks)	14 Toys for Tots Craft Sale-Dunham10-4:00 Farmers Market-Cherry St. 10-2:00
15	16 Report progress to Heather	17 Deskercise L&L Dunham	18 Wellness Wednesday	19 WNY Healthiest Employer Awards Weight Watchers Dunham-5:15	20 Laurel Run Kick-Off MJRC-8:00AM	21 Laurel Run Farmers Market-Cherry St. 10-2:00
22	23 Report progress to Heather	24	25 Wellness Wednesday Wellness Committee Dunham-3:00	26 Weight Watchers Dunham-5:15	27	28 Disability Pride Parade Farmers Market-Cherry St. 10-2:00
29	30 Report progress to Heather Jammers Game 7:00	31	Juvenile Arthritis Awareness Month UV Safety Month Fireworks Safety	Fitness in the Parks National Berry Month	TRC Gives Back Fridays-Meals on Whells Summer of Change Challenge	