



August 2018 – Wellness Activities

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>Nat'l. Immunizations Awareness Month</p> <p>Nat'l. Breastfeeding Month</p>	<p>Fitness in the Parks</p> <p>Summer of Change Challenge</p>	<p>1</p> <p>Wellness Wednesday</p> <p>Lucy Fest</p>	<p>2</p> <p>Weight Watchers Dunham-5:15</p>	<p>3</p> <p>TRC Gives Back Sprout Film Festival</p>	<p>4</p> <p>Staff Picnic-Midway</p>
<p>5</p> <p>Friendship Day</p>	<p>6</p> <p>Report progress to Heather</p>	<p>7</p>	<p>8</p> <p>Wellness Wednesday</p>	<p>9</p> <p>Weight Watchers Dunham-5:15</p>	<p>10</p> <p>TRC Gives Back Sprout Film Festival</p>	<p>11</p> <p>Dragon Boat Race-Celeron</p>
<p>12</p>	<p>13</p> <p>Report progress to Heather</p> <p>Bonsai - 5-7:00 Dunham</p>	<p>14</p> <p>Get Creative with Virginia – 4:30-6:00 Dunham</p>	<p>15</p> <p>Wellness Wednesday</p>	<p>16</p> <p>Weight Watchers Dunham-5:15</p>	<p>17</p> <p>TRC Gives Back Sprout Film Festival Blood Drive-Dunham 9-2:00</p> <p>WOW Lip Sync Battle</p>	<p>18</p> <p>Golf Tourney</p>
<p>19</p>	<p>20</p> <p>Report progress to Heather</p>	<p>21</p>	<p>22</p> <p>Wellness Wednesday Domestic Violence L&L-Dunham Wellness Team-3:00</p>	<p>23</p> <p>Weight Watchers Dunham-5:15 (New Series)</p>	<p>24</p> <p>TRC Gives Back Sprout Film Festival</p>	<p>25</p> <p>Glow Your Mind 5K</p>
<p>26</p>	<p>27</p> <p>Report progress to Heather</p>	<p>28</p>	<p>29</p> <p>Wellness Wednesday</p>	<p>30</p> <p>Weight Watchers Dunham-5:15</p>	<p>31</p> <p>TRC Gives Back Sprout Film Festival</p>	