




September 2018 – Wellness Activities

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Nat'l. Yoga Awareness Fruit & Veggies Month Cholesterol Ed. Month Healthy Aging Month	Cancer Awareness (Childhood; Ovarian; Prostate) Nat'l. Recovery Month Suicide Prevention	DSP Recognition JCC Exercise Classes		TRC Gives Back Step Up for Autism	1
2	3  Labor Day	4 Register for Biometrics 1-855-623-9355 Reg. Key: TRC2018	5 Wellness Wednesday	6 Weight Watchers Dunham-5:15	7	8 Battle of the Businesses Starts
9 Grandparents Day	10 Rosh Hashanah JCC Exercise Classes begin	11 Patriot Day Every Day Hero Celebration-11:00 Dunham	12 Wellness Wednesday	13 Weight Watchers Dunham-5:15	14	15 Battle of the Businesses Ends
16	17	18 Biometrics-8-Noon MJRC & Cappa	19 Yom Kippur Wellness Wednesday Walk for Paws L&L MJRC-Key Bank	20 NO Weight Watchers	21	22
23 First Day of Fall	24	25	26 Biometrics-8-Noon Dunham Wellness Wed. Wellness Team 3:00 Dunham	27 Weight Watchers Dunham-5:15	28 Biometrics-8-Noon Lakeshore & Foote SPROUT Film Festival-Reg-7:00	29 Step Up for Autism Walk to End Alzheimers-DNK
30 Busti Apple Festival						