

March 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
L & L = Lunch and learn	Brain Injury Awareness Month	Colorectal Cancer Awareness Month	Endometriosis Awareness Month	Kidney Month	1 Leprechaun Challenge begins	2
3	4 Eat Smart NY Lunch and Learn Dunkirk/Lakeshore 12:10-12:50pm	5	6 Wellness Wed Pre-Bridges Trg- 9AM-Dunham L & L Eat Smart NY MJRC	7 WW 5:15-6pm Pilates 6-7pm	8 Report Miles	9
10	11	12	13 Wellness Wednesday	14 WW 5:15-6pm Pilates 6:30-7:30	15 Report Miles	16
17	18 National Poison Prevention Week	19	20 Wellness Wednesday	21 WW 5:15-6pm Pilates 6-7pm	22 Report Miles	23
24	25	26	27 Wellness Wed Pre-Bridges Trg- 10AM-Dunham Wellness Committee	28 WW 5:15-6pm Pilates 6-7pm	29 Report Miles	30
31 Leprechaun Challenge ends	Multiple Sclerosis Awareness Month	Nutrition Month	Problem Gambling Awareness Month	Save Your Vision Month	Workplace Eye Wellness Month	