

# May 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Stroke Awareness Month	Physical Fitness and Sports Month	<b>1</b> Wellness Wednesday ESNY-Dunham	<b>2</b> Pre-Bridges 10-11:30am WW-5:30pm	<b>3</b>	<b>4</b> Shop for a Cause (Hospice) Lakewood Legion 10-4pm I Love My State Park Day
<b>5</b> Hand Hygiene Day	<b>6</b> TAHS Tracking Form Lunch and Learn Dunkirk/Lakeshore 12:10-12:50pm	<b>7</b> 5-6pm Simply Nutrition Classes	<b>8</b> Wellness Wednesday	<b>9</b> WW-5:30pm	<b>10</b>	<b>11</b>
<b>12</b> Mother's Day	<b>13</b>	<b>14</b> 5-6pm Simply Nutrition Classes	<b>15</b> Wellness Wednesday	<b>16</b> WW-5:30pm	<b>17</b> Bike to Work Day	<b>18</b>
<b>19</b>	<b>20</b> TRC Golf Classic	<b>21</b> Bridges (all day) 5-6pm Simply Nutrition Classes	<b>22</b> Bridges (all day) Wellness Wednesday/Wellness Committee	<b>23</b> WW-5:30pm	<b>24</b>	<b>25</b>
<b>26</b>	<b>27</b> Memorial Day TRC Holiday	<b>28</b> 5-6pm Simply Nutrition Classes	<b>29</b> Wellness Wednesday	<b>30</b> ww-5:30pm World No Tobacco Day	<b>31</b>	
	Arthritis Awareness Month	Asthma and Allergy Awareness Month	Healthy Vision Month	High Blood Pressure Education Month	Melanoma, Skin Cancer Awareness Month	