



# July

# 2021

## STARS Wellness



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2 <b>TRC Gives Back-Laurel Run</b>	3
4	5 TRC Holiday	6	7 Wellness Wednesday	8	9 <b>TRC Gives Back-Laurel Run</b>	10
11 Juvenile Arthritis Awareness Month	12	13 5:30pm Bright Spots Event	14 	15	16 <b>TRC Gives Back-Laurel Run</b> 25 <sup>th</sup> Annual Laurel Run Relay	17 25 <sup>th</sup> Annual Laurel Run/Walk
18 UV Safety Month	19	20 Turning 65? Lunch and Learn Office of the Aging 12pm	21 8-12pm Biometrics Dunham	22	23 <b>8-12pm Biometrics MJRC</b> <b>TRC Gives Back-Laurel Run</b>	24
25 Firework Safety Month	26	27 8-12PM Biometrics Cappa and Foote	28 Wellness Committee	29 8-12pm Biometrics Lakeshore	30 <b>TRC Gives Back-Laurel Run</b>	31
	Cell Phone Courtesy Month 			National Berry Month 