


May

NATIONAL HIGH BLOOD PRESSURE EDUCATION MONTH

2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 12pm You-niversity Lunch and Learn 1pm Let's Move Cappa	3 Wellness Wednesday	4 12pm Lunchtime with Leslie MJRC	5	6
7 American Stroke Awareness Month	8 9:30am Let's Move MJRC 11:30 am Watershed L&L	9 12pm Go to Meals L&L	10 10am Let's Move Edgewater Wellness Wednesday	11 12 pm Women's Health L&L	12 12pm Lunchtime with Leslie MJRC	13
14 Arthritis Awareness Month Mother's Day	15	16 1pm Let's Move Cappa 6pm Paint Nite	17 Wellness Wednesday	18 12 pm MY25 L&L	19 9-2pm Blood Drive	20 National Physical Fitness and Sports Month
21 Global Employee Health and Fitness Month	22 12pm Lunchtime with Leslie MJRC	23	24 Wellness Wednesday 3pm Wellness Committee	25 10:30am Let's Move SADH	26 10:30am Let's Move Lakeshore DH/Pros	27 National Senior Health and Fitness Day
28 Melanoma/Skin Cancer Detection and	29	30 12pm Lunchtime with Leslie MJRC	31 Wellness Wednesday 12pm L&L Points World No Tobacco Day			Older Americans Month