







# May

American Stroke Awareness Month  
 Global Employee Health and Fitness Month  
 Arthritis Awareness Month

# 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
National Physical Fitness and Sports Month	Healthy Vision Month	Melanoma/Skin Cancer Detection and Prevention Month	Wellness Wednesday <sup>1</sup>	 <sup>2</sup>	9am Wall Sit 12pm Lunchtime with Leslie MJRC/ZOOM National Child's Mental Health Awareness Week <sup>3</sup>	<sup>4</sup>
<sup>5</sup> High Blood Pressure Education Month	 <sup>6</sup>	1pm Let's Move Cappa <sup>7</sup>	Wellness Wednesday <sup>8</sup>	National Women's Health Week <sup>9</sup> 	9am Wall Sit 10am Let's Move-Edgewater 12pm Lunchtime with Leslie <sup>10</sup>	<sup>11</sup>
<sup>12</sup> Mental Health Awareness Month 	9:30am Let's Move-MJRC <sup>13</sup>	12pm Lunch and Learn-Advanced Directives MJRC/ZOOM <sup>14</sup>	Wellness Wednesday <sup>15</sup>	<sup>16</sup>	9am Wall Sit 9-2 pm Blood Drive <sup>17</sup>	<sup>18</sup>
<sup>19</sup>	<sup>20</sup>	12pm Lunch and Learn-Comparion Dunham/ZOOM <sup>21</sup>	Wellness Wednesday 12pm Bike Safety Lunch and Learn <sup>22</sup>	<sup>23</sup>	9am Wall Sit 12pm SNAP-ED Lunch and Learn <sup>24</sup>	<sup>25</sup>
 <sup>26</sup>	<sup>27</sup>	12 pm Lunchtime with Leslie Conference Center/ZOOM <sup>28</sup>	Wellness Wednesday <sup>29</sup>	9:30am Let's Move-SADH <sup>30</sup>	WORLD NO TOBACCO DAY 9am Wall Sit 10 am Let's Move-Lakeshore <sup>31</sup>	

## MAJOR MUSCLES MAY