

2020 Health and Wellness Calendar

Month	Theme	Programming
January	New year, New you	Fitness challenges, Resolutions workshop
February	Heart health month	Blood Pressure screenings, Heart Health screenings
March	World sleep day Employee appreciation day	Sleep wellness seminar, Sound bath meditation
April	Stress awareness month Financial Literacy Month	Chair massages, Wealth Health Workshop
May	Women's Health Month Wellness awareness week	Women's Health Workshop, Intro to Mindfulness, Mental health seminar
June	Pride Month Aromatherapy week	Creating Inclusiveness Workshop, Aromatherapy seminar
July	Summer	Make your own sunscreen workshop, Dermascans
August	Open enrollment prep, Immunization Month	Book your wellness fair with Welnys, On-site Flu shots!
September	National yoga month	Rooftop yoga. Yoga and guitar, Pilates Mat Class
October	Breast cancer awareness	Mobile mammograms, Women in Leadership Workshop
November	Men's health month Diabetes Awareness	Men's health seminar, Nutrition lunch & learn
December	Holiday season	Navigating Holiday Eating Workshop, Fitmas!