

## Monthly Activity Calendar

The three keys to worksite wellness are mindfulness, movement and nutrition. Your Wellness Committee has planned wellness activities for the year, with the goal of creating a culture of wellness in our workplace. We hope you enjoy them!

January	Wellness Committee activities
February	Wellness Committee activities

March	Wellness Committee activities

April	Wellness Committee activities

May	Wellness Committee activities

June	Wellness Committee activities

July	Wellness Committee activities

August	Wellness Committee activities

September	Wellness Committee activities

October	Wellness Committee activities

November	Wellness Committee activities
December	Wellness Committee activities



## Sample: Monthly Activity Calendar

January	Wellness Committee activities
All month	Blood Donor Month: Encourage your members to make a donation
1/10	First Monday of the month: Launch a Health Risk Assessment campaign

February	Wellness Committee activities
All month	Heart Health Awareness Month
2/4	Wear Red Day!
2/15	Health Awareness Lunch & Learn

March	Wellness Committee activities
All month	National Nutrition Month
3/7	Share a healthy recipe
3/10	Blood Drive

April	Wellness Committee activities
All month	Stress Awareness
4/11	Walking Challenge begins

Мау	Wellness Committee activities
All month	Physical Fitness Awareness
5/20	Walking Challenge ends

