

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
<i>All month</i>	<i>Blood Donor Month: Encourage your members to make a donation</i>
<i>1/10</i>	<i>First Monday of the month: Launch a Health Risk Assessment campaign</i>
February	Wellness Committee activities
<i>All month</i>	<i>Heart Health Awareness Month</i>
<i>2/4</i>	<i>Wear Red Day!</i>
<i>2/15</i>	<i>Health Awareness Lunch & Learn</i>
March	Wellness Committee activities
<i>All month</i>	<i>National Nutrition Month</i>
<i>3/7</i>	<i>Share a healthy recipe</i>
<i>3/10</i>	<i>Blood Drive</i>
April	Wellness Committee activities
<i>All month</i>	<i>Stress Awareness</i>
<i>4/11</i>	<i>Walking Challenge begins</i>
May	Wellness Committee activities
<i>All month</i>	<i>Physical Fitness Awareness</i>
<i>5/20</i>	<i>Walking Challenge ends</i>