

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 |
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| February | Wellness Committee activities |
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| March | Wellness Committee activities |
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| April | Wellness Committee activities |
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| May | Wellness Committee activities |
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| June | Wellness Committee activities |
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| July | Wellness Committee activities |
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| August | Wellness Committee activities |
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| September | Wellness Committee activities |
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| October | Wellness Committee activities |
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| November | Wellness Committee activities |
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| December | Wellness Committee activities |
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Sample: Monthly Activity Calendar

| January | Wellness Committee activities |
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| 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 |
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| February | Wellness Committee activities |
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| All month | Heart Health Awareness Month |
| 2/4 | Wear Red Day! |
| 2/15 | Health Awareness Lunch & Learn |
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| March | Wellness Committee activities |
|-----------|-------------------------------|
| All month | National Nutrition Month |
| 3/7 | Share a healthy recipe |
| 3/10 | Blood Drive |
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| April | Wellness Committee activities |
|-----------|-------------------------------|
| All month | Stress Awareness |
| 4/11 | Walking Challenge begins |
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| Мау | Wellness Committee activities |
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| All month | Physical Fitness Awareness |
| 5/20 | Walking Challenge ends |
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