

# january

New Year, New You!



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
26 December	27	28	29	30	31/1 January
2	3	4	5	6	7/8
9	10 Mindfulness Based Stress Reduction, 5 – 6:30 p.m. Alice & Bruce King Educational Complex	11 Wellness Ambassador Training Lincoln Building M 4 – 7 pm	12	13	14/15
16	17 Mindfulness Based Stress Reduction, 5 – 6:30 p.m. <a href="#">APS Veteran's Outreach</a> 4 – 7 p.m. <a href="#">Alice &amp; Bruce King Educational Complex</a>	18	19	20 <a href="#">Lunch and Learn, noon</a> <a href="#">Alice &amp; Bruce King Educational Complex</a> <a href="#">Lunch &amp; Learn, noon</a> <a href="#">M&amp;O, Lincoln Bldg.</a>	21/22
23	24 Mindfulness Based Stress Reduction, 5 – 6:30 p.m. Alice & Bruce King Educational Complex	25 Wellness Wednesday Massages at Schools Sites	26	27	28/29
30	31 Mindfulness Based Stress Reduction, Alice & Bruce King Educational Complex 5 – 6:30 p.m.	1 February	2	3	4/5

# february

Be Smart, Protect Your Heart



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Employee Wellness  
Promoting a Culture of Health

2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
30 January	31	1 February	2	3 <b>Wear Red Day</b> Blood Pressure Alice & Bruce King Educational Complex 10 a.m. to 2 p.m.	4/5 <a href="#">Walk at Work Fitness Challenge Begins</a>
6 <a href="#">Blood Pressure 7:30 – 9:30 a.m. M &amp; O</a> <a href="#">Lincoln Conference Room</a> <a href="#">Healthy Wage Weight Loss &amp; Fitness Challenge Begin</a>	7 Mindfulness Based Stress Reduction, Alice & Bruce King Educational Complex 5 – 630 p.m.	8	9 Project Heart Start Quarterly Compression Only Training Alice & Bruce King Educational Complex	10	11/12
13	14 <b>Be Good to Your Heart Day</b> Walking Event	15	16	17 Lunch & Learn, noon M&O, Lincoln Bldg.	18/19
20	21	22 Wellness Wednesday Massages at Schools Sites	23 Noontime Food/Cooking Demonstration Alice & Bruce King Educational Complex West kitchen area	24	25/26
27	28	1 March	2	3	4/5
6	7	8	9	10	11/12

# march

## Healthy Eating Made Simple



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# 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
27 February	28	1 March	2	3 <b>Blood Pressure Alice &amp; Bruce King Educational Complex 10 a.m. to 2 p.m.</b>	4/5 <b>Fitness Challenge Ends</b>
6 <b>Blood Pressure 7:30 – 9:30 a.m. M &amp; O Lincoln Conference Room</b>	7	8	9	10	11/12
13	14	15	16 <b>Nutrition Month Food/Cooking Session Lincoln Building M 4:45 - 5:45 p.m.</b>	17 <b>Lunch and Learn, noon Alice &amp; Bruce King Educational Complex Lunch &amp; Learn, noon M&amp;O, Lincoln Bldg.</b>	18/19
20	21	22	23 <u>Noontime Food/Cooking Demonstration Alice &amp; Bruce King Educational Complex West kitchen area</u>	24	25/26
27	28 <b>Blood Drive, Alice &amp; Bruce King Educational Complex 10:45 a.m.– 1:45 p.m.</b>	29 <b>Wellness Wednesday Massages at Schools Sites</b>	30	31	1 April/2
3	4	5	6	7	8/9

# april

## Reduce Stress



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
27 March	28	29	30	31	1 April / 2
3 Blood Pressure 7:30 – 9:30 a.m. M & O Lincoln Conference Room	4 <a href="#">Mindful Eating</a> 5 – 6:30 p.m. <a href="#">Alice &amp; Bruce King Educational Complex</a>	5	6	7 Blood Pressure Alice & Bruce King Educational Complex 10 a.m. to 2 p.m.	8/9
10	11 Mindful Eating 5 – 6:30 p.m. Alice & Bruce King Educational Complex	12 <a href="#">Mammograms at Alice &amp; Bruce King Educational Complex</a> 8 a.m. – 6 p.m.	13 <a href="#">Mammograms at Alice &amp; Bruce King Educational Complex</a> 8 a.m. – 6 p.m.	14	15/16
17	18 Mindful Eating 5 – 6:30 p.m. Alice & Bruce King Educational Complex	19	20	21 Lunch and Learn, noon Alice & Bruce King Educational Complex Lunch & Learn, noon M&O, Lincoln Bldg.	22/23
24	25 Mindful Eating 5 – 6:30 p.m. Alice & Bruce King Educational Complex	26 Wellness Wednesday Massages at Schools Sites	27 Noontime Food/Cooking Demonstration Alice & Bruce King Educational Complex West kitchen area	28 La Plazita Farmers Market at M&O	29/30
1 May	2	3	4	5	6/7

may

Shape Up for Summer



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**Employee Wellness 2017**  
Promoting a Culture of Health



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SAT/SUN

1 May

Blood Pressure  
7:30 – 9:30 a.m.  
M & O  
Lincoln Conference  
Room

2

Mindful Eating  
5 – 630 p.m.  
Alice & Bruce King  
Educational Complex\*

3

4

5

[Healthy Living  
For Good Event](#)  
11 a.m. – 2 p.m.  
[Alice & Bruce King  
Educational Complex](#)

6/7

**Healthy Wage Weight  
Loss Challenge Ends**

8

9

10

Wellness Wednesday  
Massages at  
Schools Sites

11

[Project Heart Start  
Quarterly Compression  
Only Training](#)  
[Alice & Bruce King  
Educational Complex](#)

12

13/14

15

16

17

18

19

[Kitchen Confidence.  
Lunch & Learn, noon](#)  
[M&O, Lincoln Bldg.](#)

20/21

22

23

24

25

26

Farmer's Market at  
Lincoln Complex Fuel  
Station

11 a.m. – 3:00 p.m.

27/28

29

30

31

1 June

2

3/4

5

6

7

8

9

10/11

# june

## Healthy Travels



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
29 May	30	31	1 June	2 Blood Pressure Alice & Bruce King Educational Complex 10 a.m. to 2 p.m.	3/4
5 Blood Pressure 7:30 – 9:30 a.m. M & O Lincoln Conference Room	6	7	8	9 Farmer's Market Alice & Bruce King Educational Complex 11 a.m. – 3:00 p.m.	10/11
12	13	14	15	16	17/18
19	20	21	22	23 Kitchen Confidence Lunch & Learn, noon Lincoln Bldg. Farmer's Market at Lincoln Complex Fuel Station	24/25
26	27	28 Wellness Wednesday Massages at Alice & Bruce King Educational Complex	29	30	1 July/2
3	4	5	6	7	8/9

# july

## Turn Everyday Activities in to Exercise



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
26 June	27	28	29	30	1 July/2 <b>2018 Wellness Incentive Program Begins</b>
3 Blood Pressure 7:30 – 9:30 a.m. M & O Lincoln Conference Room	4	5	6	7 Blood Pressure Alice & Bruce King Educational Complex 10 a.m. to 2 p.m. Farmer's Market Alice & Bruce King Educational Complex 11 a.m. – 3:00 p.m.	8/9
10	11	12	13	14	15/16
17	18	19 Wellness Wednesday Massages at M&O Lincoln Conference Room	20	21 Farmer's Market at Lincoln Complex Fuel Station 11 a.m. – 3:00 p.m.	22/23
24	25	26	27	28 Lunch & Learn, noon M&O, Lincoln Bldg.	29/30
31	1 August	2	3	4	5/6

# august

## Improve Your Financial Health



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
31 July	1 August	2	3	4 Blood Pressure Alice & Bruce King Educational Complex 10 a.m. to 2 p.m. Farmer's Market Alice & Bruce King Educational Complex 11 a.m. – 3:00 p.m.	5/6
7 Blood Pressure 7:30 – 9:30 a.m. M & O Lincoln Conference Room	8	9	10 Project Heart Start Quarterly Compression Only Training Alice & Bruce King Educational Complex	11	12
14	15	16	17	18 Farmer's Market at Lincoln Complex Fuel Station 11 a.m. – 3:00 p.m.	19/20
21	22	23	24 Noontime Food/Cooking Demonstration Alice & Bruce King Educational Complex West kitchen area	25 Lunch and Learn, noon Alice & Bruce King Educational Complex Lunch & Learn, noon M&O, Lincoln Bldg.	26/27
28	29	30 Wellness Wednesday Massages at School Sites	31	1 September	2/3
4	5	6	7	8	9/10



# september

Add More Fruits & Veggies



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
28 August	29	30	31	1 September Blood Pressure Alice & Bruce King Educational Complex 10 a.m. to 2 p.m. Employee  Flu Shots begin at schools	2/3
4 Blood Pressure 7:30 – 9:30 a.m. M & O Lincoln Conference Room	5	6	7	8	9/10
11	12	13	14	15 Lunch and Learn, noon Alice & Bruce King Educational Complex Lunch & Learn, noon M&O, Lincoln Bldg.	16/17
18	19 Mindfulness Based Stress Reduction Lincoln Complex Building M 190 A&B 5 – 6:30 p.m.	20	21	22	23/24
25	26 Mindfulness Based Stress Reduction Lincoln Complex Building M 190 A&B 5 – 6:30 p.m.	27 Wellness Wednesday Massages at School Sites	28 Noontime Food/Cooking Demonstration Alice & Bruce King Educational Complex West kitchen area	29 Farmer's Market Lincoln Complex Fuel Station 11 a.m. – 3:00 p.m.	30/1 October 2018 Wellness Incentive Program Ends
2	3	4	5	6	7/8

# october

## Find Balance



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
25 September	26	27	28	29	30/1 October
2 Blood Pressure 7:30 – 9:30 a.m. M & O Lincoln Conference Room	3 Mindfulness Based Stress Reduction Lincoln Complex Building M 190 A&B 5 – 6:30 p.m.	4	5	6 Blood Pressure Alice & Bruce King Educational Complex 10 a.m. to 2 p.m.	7/8
9	10 Mindfulness Based Stress Reduction Lincoln Complex Building M 190 A&B 5 – 6:30 p.m.	11 Wellness Wednesday Massages at School Sites	12	13 Farmer's Market Alice & Bruce King Educational Complex 11 a.m. – 3:00 p.m.	14/15
16	17 Mindfulness Based Stress Reduction Lincoln Complex Building M 190 A&B 5 – 6:30 p.m.	18	19	20 Lunch and Learn, noon Alice & Bruce King Educational Complex Lunch & Learn, noon M&O, Lincoln Bldg. <b>Benefits Open/Switch Begin</b>	21/22
23 <b>Benefits Open/Switch Enrollment</b>	24 <b>Benefits Open/Switch Enrollment</b>	25 <b>Health Fair Benefits Open/Switch Enrollment</b>	26 <b>Health Fair Benefits Open/Switch Enrollment</b>	27 <b>Benefits Open/Switch Enrollment End Farmer's Market Lincoln Complex Fuel Station 11 a.m. – 3:00 p.m. Employee Immunizations at School Sites End</b>	28/29
30	31	1 November	2	3	4/5

# november Prevent Diabetes



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
30 October	31	1 November Diabetes Academy Lincoln Building M 4:30 p.m. – 6:30 p.m.	2	3 Blood Pressure Alice & Bruce King Educational Complex 10 a.m. to 2 p.m. Farmer's Market Alice & Bruce King Educational Complex 11 a.m. – 3:00 p.m.	4/5
6 Blood Pressure 7:30 – 9:30 a.m. M & O Lincoln Conference Room	7	8	9 Project Heart Start Quarterly Compression Only Training Alice & Bruce King Educational Complex	10 Lunch and Learn, noon Alice & Bruce King Educational Complex Lunch & Learn, noon M&O, Lincoln Bldg.	11/12
13	14 Mindful Eating Lincoln Complex Building M 5 – 6:30 p.m.	15 Wellness Wednesday Massages at School Sites	16 Noontime Food Demo, Alice & Bruce King Ed. Complex West kitchen area	17 Farmer's Market Lincoln Complex Fuel Station 11 a.m. – 3:00 p.m.	18/19
20	21 Mindful Eating Lincoln Complex Building M 5 – 6:30 p.m.	22	23	24	25/26
27	28 Mindful Eating Lincoln Complex Building M 5 – 6:30 p.m.	29	30	1 December	2/3
4	5	6	7	8	9/10

# december Express Gratitude



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
27 November	28	29	30	1 December <b>Blood Pressure</b> Alice & Bruce King Educational Complex 10 a.m. to 2 p.m.	2/3
4 <b>Blood Pressure</b> 7:30 – 9:30 a.m. M & O Lincoln Conference Room	5 <b>Mindful Eating</b> Lincoln Complex Building M 5 – 6:30 p.m.	6	7	8 <b>Lunch and Learn, noon</b> Alice & Bruce King Educational Complex Lunch & Learn, noon M&O, Lincoln Bldg.	9/10
11	12 <b>Mindful Eating</b> Lincoln Complex Building M 5 – 6:30 p.m.	13 <b>Wellness Wednesday</b> Massages at School Sites	14	15	16/17
18	19	20	21	22	23/24
25	26	27	28	29	30/31
1 January	2	3	4	5	6/7





