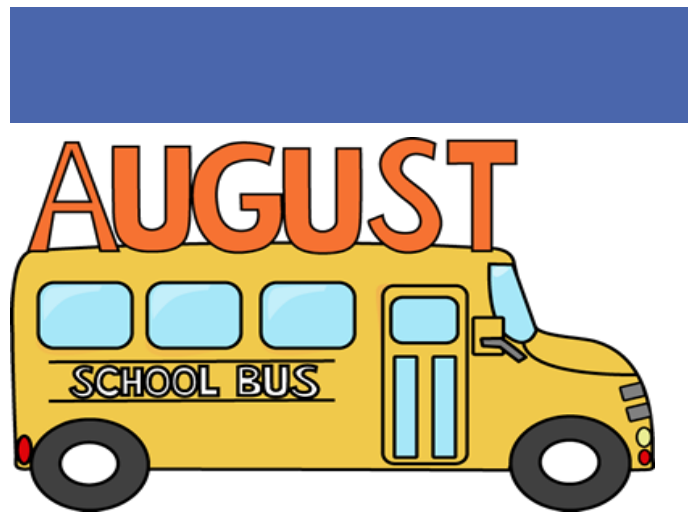


August 2017



"Back to School!"

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3 Seasonal Recipe Competition. Submit recipes to Lauren by end of day.	4	5
6	7	8	9	10	11	12
13	14 "Summer Bash" Challenge Ends	15	16 Wellness Wednesday Lunch and Learn at 12pm	17	18	19
20	21	22	23	24	25	26
27	28	29	30 Quarterly Cooking Demonstration	31		

Quarterly Cooking Demonstration and Taste Testing by our dietitian, Clara. Event to be held in Side B of the Café at 12pm.

Try to attend at least 4 group exercise classes this month. Goal being 12 classes per quarter (July-September)

Wellness Wednesdays will be held at 12pm in the 2nd floor classroom at the hospital.

Consider meeting with our dietitian via a physician referral or wellness visit. Contact Lauren for information.

Try to participate in an area athletic event such as area 5K, 10K, half or full marathon or athletic league. Submit proof to Lauren.

Seasonal Recipe Challenge. Submit your favorite recipe to Lauren by the end of the day. Prizes will be awarded.