

July 2017



"Happy 4th of July!"

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 "Summer Bash" Challenge (July 3 rd -August 14 th)	4	5	6	7	8
9	10	11	12 Wellness Wednesday at 12pm	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

"Summer Bash" Challenge via Challengerunner.com will run from July 3rd -August 14th. Will incorporate meatless Mondays, eating seasonal fruit/veggies, and outdoor exercise.

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.

Hospital Group Hike will be held one weekend this month. Date and time to be TBA.