

September 2017



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11	12	13 Wellness Wednesday at 12pm	14	15	16
17	18	19	20 "Are you ready....for some Football?" Department Cooking Challenge	21	22	23
24	25	26	27	28	29 *Turn in proof of group exercise classes. *Turn in proof of athletic event	30

"Are you Ready...for some Football" Departmental Cooking Challenge. Develop a healthy pre-game snack. Awards will be given to winning departments on best taste, healthiest recipe, and crowd favorite. Sept 20th at 12pm Side B of the café.

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 for athletic event by September 29th.

Remember to turn in proof of attendance in group exercise classes at HRMC Fitness Center or other area gyms by September 29th to Lauren.