

WSHG WELLNESS CALENDAR OF EVENTS FY '17



	Event	WSHG Wellness Program	Dates of the Program
July - August	Healthy Cooking Initiative	Summer Recipe Program	July - August
September - November	Physical Fitness Challenge	Fall Into Fitness	September 12th - November 4th (8 weeks)
November - January	Weight Management Program	Maintain, Don't Gain	November 21st - January 13th (8 weeks)
January - February	Stress Management Initiative	Stress Less in 2017	January - February (4 weeks)
April	Health Screening Initiative	Health Screenings for Individual Communities	April Health Fairs
March - May	Physical Activity Challenge And Fitness Competition	Spring Into Action Fit and Fierce	March 20th - May 12th (8 weeks)

Please watch for individual flyers with additional information and registration details.
Programs and details subject to change.