

WSHG WELLNESS CALENDAR OF EVENTS FY '18



	Event	WSHG Wellness Program	Dates of the Program
July - August	Healthy Cooking Initiative	Summer Recipe Program	July - August
September - November	Physical Activity Challenge (Daily Endorphin Program)	Step Into Fall	September 25th - November 5h
November - January	Weight Management Program (Daily Endorphin Program)	Maintain, Don't Gain	November 21st - January 13th
February - March	Stress Management Initiative	Warm Up to Relaxation	February 5th - March 16th
April	Health Fair Focus	Health Education Materials & Screenings/Demos	April
April - May	Physical Fitness Challenge (Daily Endorphin Program)	Spring Forward	April 2nd - May 13th

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