

# WSHG WELLNESS CALENDAR OF EVENTS FY '19



	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)	Big Apple Step Challenge From Boston To New York	September 24th - November 4th
November - 2019	Weight Management Program (Daily Endorphin Program)	TBA	TBA
February - March	Wellness Initiative	4 Week Self-Awareness "Wholeness/Wellness" Reflection Program	February - March
April	Health Fair Focus	Health Education Materials & Screenings/Demos	April
April - May	Physical Fitness Challenge (Daily Endorphin Program)	TBA	April 8th - May 19th
June	Stress Management Initiative	Stress Management Techniques	June

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