

# WSHG WELLNESS CALENDAR FY 24



	Event	WSHG Wellness Program	Dates of the Program
July - August	Healthy Cooking Initiative	Summer Recipe Program	July 12th - August 16th
September - November	Fitness Challenge (Challenge Runner Program)	Fall Into Fitness ~ community overall fitness challenge~	September 25th - November 5th
November	Stress Management Initiative	Relax and Rejuvenate	November 6th - December 15th
November - January	Weight Management Through the Holidays (Challenge Runner Program)	Maintain, Don't Gain	November 20th - January 5th
January - February	Wellness Initiative	Strive 30-day Optimal Health Challenge	January 22nd- February 20th
March	Nutrition Webinar	Seven Habits For Truly Effective Weight Loss	March 15th, 12:00 pm - 1:00 pm <i>(recording available for 30 days after webinar)</i>
April	Healthy Cooking Demonstration	Quick, Easy, Fresh: Everyday Meals in Minutes	April 5th, 5:30 pm - 6:30 pm <i>(recording available for 30 days after virtual demonstration)</i>
May - June	Spring Walking Challenge (Challenge Runner Program)	WSHG Walks To Wellness ~ walking challenge~	April - May <i>(specific dates TBA)</i>

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