

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 (recording available for 30 days after webinar)
April	Healthy Cooking Demonstration	Quick, Easy, Fresh: Everyday Meals in Minutes	April 5th, 5:30 pm - 6:30 pm (recording available for 30 days after virtual demonstration)
May - June	Fitness Challenge (Challenge Runner Program)	Spring Into Action ~ fitness challenge~	April 22nd - June 2nd

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