

WSHG WELLNESS CALENDAR FY 26

PROGRAMMING FOR COMMUNITY-WIDE WELLNESS



* NOTE: PROGRAMMING DETAILS IN PROGRESS

	Event	WSHG Wellness Program	Dates of the Program
July - August	Healthy Cooking Initiative	Summer Nutrition Recipe Program ~ weekly healthy recipes, including recipes with protein ~	July 23rd - August 27th
September - November	Stress Management Initiative	Rejuvenation & Relaxation ~ weekly calming videos of 10 minutes or less~	September 10th - October 15th
November	Fitness Challenge (Fitness Platform Program)	Step Through Europe ~ community step challenge ~	October - December
November - December	Healthy Eating Program (Platform Program)	TBD: Idea: Healthy Eating 30 Day Challenge	December
January - February	Wellness Initiative	30 Days to Optimal Health Challenge ~program on health topics~	January - February
March	Wellness Initiative	TBD	TBD
May - June	Fitness Challenge (Platform Program)	Fitness Challenge ~ community physical activity competition~	TBD

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