



Monthly Activity Calendar

The three keys to worksite wellness are mindfulness, movement and nutrition. Your Wellness Committee has planned wellness activities for the year, with the goal of creating a culture of wellness in our workplace. We hope you enjoy them!

January	Wellness Committee activities
February	Wellness Committee activities
March	Wellness Committee activities
April	Wellness Committee activities
May	Wellness Committee activities

June	Wellness Committee activities
July	Wellness Committee activities
August	Wellness Committee activities
September	Wellness Committee activities
October	Wellness Committee activities
November	Wellness Committee activities
December	Wellness Committee activities

Sample: Monthly Activity Calendar

January	Wellness Committee activities
All month	Blood Donor Month: Encourage your members to make a donation
1/10	First Monday of the month: Launch a Health Risk Assessment campaign
February	Wellness Committee activities
All month	Heart Health Awareness Month
2/4	Wear Red Day!
2/15	Health Awareness Lunch & Learn
March	Wellness Committee activities
All month	National Nutrition Month
3/7	Share a healthy recipe
3/10	Blood Drive
April	Wellness Committee activities
All month	Stress Awareness
4/11	Walking Challenge begins
May	Wellness Committee activities
All month	Physical Fitness Awareness
5/20	Walking Challenge ends