

# 2018 Wellness Calendar

## 01 Program Planning

Building 2018 Program Activities  
Mental Health Communication

January



## 02 Financial Well-Being

RSP with RBC and 1:1 Appointments

February



## 03 Nutrition Knowledge

Challenge: Eat your greens  
Workshop: Know Your Labels

March



## 04 Cancer Awareness

Form a group: Couch to 5k  
Disease prevention information  
Workshop: Gardening talk

April



## 05 Mindful May

Workshop: Guided Meditation Session  
Mental Health Quiz

May



## 06 Keeping Active

Fitness Sessions start  
Leader Walks  
Challenge: Cross-Country Canada

June



## 07 Succeeding At Work

Workshop: Building Resiliency  
Challenge: Drink More Water

July



## 08 Caregiving

Workshop: Teaching Your Child About  
Personal Finances

August



## 09 Health Fair

Event: Health Fair  
Challenge: Wellness Bingo

September



## 10 Building Strength

Purchase Physical Activity Equipment  
Workshop: Building Core Strength

October



## 11 Know Flu November

Event: Flu Shot Clinic  
Workshop: The Importance of Vitamins

November



## 12 Healthy Holidays

Challenge: Set and Achieve Goal

December

