



Health & Wellness Mondays

Happier, Healthier U @ 11:00 A.M.

2023 EVENT CALENDAR Hosted By We Thrive Together

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|---|---|
| 1/9 - Your Blood Pressure | 7/3 - Relax: Deep Breathing |
| 1/16 - Eat: Emotional Eating | 7/10 - Social & Creative Wellness |
| 1/23 - Move: 10,000 Steps | 7/17 - Motivation - Intrinsic/Extrinsic |
| 1/30 - Sleep: Sleep Apnea | 7/24 - Neighborhood & Environment |
| 2/6 - Relax: Progressive Relaxation | 7/31 - Life's Tough Stuff: Bullying |
| 2/13 - Emotional Wellness | 8/7 - Heart Disease |
| 2/20 - State of Readiness | 8/14 - Waist Circumference, BMI |
| 2/27 - Economic Stability | 8/21 - Eat: Protein, Fats and Carbs |
| 3/6 - Life's Tough Stuff: Abuse | 8/28 - Move: Resistance vs. Cardio |
| 3/13 - Diabetes | 9/11 - Sleep: Food and Sleep |
| 3/20 - Understanding Your Glucose | 9/18 - Relax: Mindfulness |
| 3/27 - Eat: Journaling | 9/25 - Physical & Environmental Wellness |
| 4/3 - Move: Make Exercise Fun | 10/2 - Behavior Change: Accountability |
| 4/10 - Sleep: Setting a Sleep Routine | 10/9 - The Health Care System |
| 4/17 - Relax: Meditation | 10/16 - Grief / Mental Health |
| 4/24 - Spiritual & Intellectual Wellness | 10/23 - Cancer |
| 5/1 - Behavior Change: Self-Efficacy | 10/30 - Understanding Calories |
| 5/8 - Community and Social Context | 11/6 - Eat: Cooking & Meal Prep |
| 5/15 - Life's Tough Stuff: Addiction | 11/13 - Move: Staying Active at Home |
| 5/22 - Your Mental Health | 11/20 - Technology and Sleep |
| 6/5 - Understanding Your Cholesterol | 11/27 - Relax: Tapping |
| 6/12 - Eat: Hydration | 12/4 - Occupational & Financial Wellness |
| 6/19 - Move: Inactivity is Your Enemy | 12/11 - Breaking Habits |
| 6/26 - Sleep: Sleep Deprivation | 12/18 - Conflict Resolution |