Wellness Calendar 2020! Check the Learning Center for updated dates and times. Classes open 2 months in advance.

	January	February	March	April	May	June	July	August	September	October	November	December
Monthly Theme	Goal - Setting	Heart Health	Nutrition	Sleep	Employee Health & Fitness	Safety	Exercise and Fitness	Work - Life Balance	Obesity Awareness	Bone and Joint Health	Alcohol and Smoking Awareness	Healthy Holidays
In Person Class Offerings **(2–3 per month)**	EAP: Healthy Lifestyles: Changing the Way you think about diet and Exercise	Blood Pressure/Heart Health (AHA)	Natural Grocers: GMOs: What are they? Why should I care?	EAP: Secrets to Self Motivation	CX-Women's Health—PA Katie	Sun Safety with Banner Health	Auto Immune/ Thyroid—PA Katie	Men's Health—Dr Pinzon	Natural Grocers: What is Grass Fed Beef and Why is it Better?	MD Anderson Cancer Awareness	EAP: Managing Holiday Stress	Coping with Triggers for Holiday Over-eating - Cassandra
			The Importance of a Balanced Diet - Nutrition		Nutrition Myths & Facts-Nutrition Professionals			Plant-Based Nutrition		Financial: Saving For Retirement (WF)		
	Oh My Aching Back—CIGNA	EAP: Cutting Through the Clutter	Financial: Budgeting & Saving (WF)	EAP: Laughter, Humor and Play to Reduce Stress and Solve Problems	CX—EAP: Schools Out: Getting Everyone through the Summer	Financial: Monitor Your Information (WF) webinar	Mental Health Awareness - Scott Figgins, Fire Wellness Captain	EAP: Time Management Tools	Financial: Let's Talk Credit (WF) Webinar	Fad Diets - Nutrition Professionals	EAP: Stress: A Way of Life or a Fact of Life	EAP: Teaching Your Kids How to Manage Money
										EAP: Overcoming Procrastination		
Webinar Schedule **(1 per month)**	After the Holidays: Managing That Debt	Mental Health Awareness	Know Before You Go: How to Prepare for a Visit to the Doctor	Sleep: An Essential Component of Health and Well-Being	Becoming a better Listener	The Impact of Attitude on Work and Life	Kids and the Internet: Becoming a Cyber-Savvy Parent	The Sandwich Generation: Balancing Your Personal Life With the Needs of Your Older Parents or Loved	Suicide Awareness	Living with Change	Making the Most of Family Occasions	Communication Skills for Families
Challenge			Beat the Boss		Keeping You in Mind		Kindness		Football		Gratitude	
Programs	Tobacco Cessation Mondays, 1/6-2/18											
	Diabetes- Thursdays, 1/16-2/13					Diabetes— Wednesdays, 6/3-7/1 (9-10am)			Diabetes—Tuesdays, 9/15-10/13			
				Healthy Living (CDSMP) Tues/Thurs, 4/16-5/28				Healthy Living (CDSMP) Tues/Thurs, 8/11-9/17				
	Am I Hungry? Tuesdays, 12/3-2/4						Am I Hungry? Wednesdays, 7/8-8/26		Am I Hungry? Thursdays, 9/3-10/29 (no class Oct 8th)			
	Resilience Program - Wednesdays, 1/15-2/19		Inside-Out Program - Mondays 3/16-4/20									
Preventive Screenings				Mammography & Prostate Screenings						Mammography & Prostate Screenings		
Biometrics		Biometrics								Flu Shot Campaign		
Events		Kickball Tournament, 2/29	City Wide 5K Sat, 3/21	Bike 2 Work								