

Wellness Calendar 2021! 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	Reset Your Mind and Body	Heart Health	Nutrition	Sleep	Employee Health & Fitness	Self-Love	Exercise and Fitness	Work - Life Balance	Better Breakfast	Cancer Awareness	Safety in the Workplace	Healthy Holidays
	EAP: Paying off Debt While Building Wealth	Blood Pressure/Heart Health (AHA)	EAP: Emotional Eating: The connection Between Mood and Food	EAP: Managing Worry and Anxiety	Women's Health- PA Katie	Sun Safety with Banner MD Anderson Cancer Center	WebMD: Sleep 101	Auto Immune/Thyroid-PA Katie	Men's Health—Dr Pinzon	EAP: When Someone You Love Has Alzheimer's	EAP: Learning to Say "No"	Coping with Triggers for Holiday Over-eating - Cassandra
	WebMD: Decoding Fitness Trends	Natural Grocers: Health by Chocolate	Understanding Credit (WF)	EAP: Sailing On: A Guide to Transitioning Into Retirement	EAP: Schools Out: Getting Everyone Through Summer (covid con-	Financial: Monitor Your Information (WF) webinar	Financial: Saving for Retirement (WF)	Nutrition Professionals: Plant Based Nutrition	Financial: Budgeting and Saving (WF) Webinar	MD Anderson Cancer Center: Building a Cancer Fighting Diet	WebMD: Dealing with Holiday Stress	
	EAP: Difficult Conversations During Times of Unrest	EAP: Moving Through Grief and Loss EAP: Living Nicotine Free	Nutrition Professionals: Myths & Facts	EAP: Healthy Lifestyles: Changing the Way You Think About Diet and Exercise	EAP: Kids and Meals: It Doesn't Have to Be a Battle Ground	EAP: Developing Grit	EAP: Counseling and Therapy, Demystified	EAP: Communicating Without Conflict with Your Significant Other	WebMD: Fitness Through the Lifecycle	EAP: Helping a Loved One Through Difficult Times	EAP: Building Strong Relationships with Your Adult Children	
	EAP: Being adaptive in an Ever Changing World	EAP: Using Guided Imagery for Wellness and Stress Reduction	EAP: Informed or Informed? Healthy Media Consumption and Social Media Usage	EAP: Unconscious Bias	EAP: Living Simply: Simplify Your Life	MD Anderson Cancer Center: Anti-inflammatory Diet		EAP: Balancing Work & Life	EAP: Building Your Child's Self-Esteem			
Programs	Market Tobacco Cessation Resources											
			Diabetes- Wednesdays, 3/3-3/31					Diabetes—Tuesdays, 8/3-8/31				
				Healthy Living (wCDSMP) Tues/Thurs, 4/13-5/20					Healthy Living (wCDSMP) Tues/Thurs, 9/14-10/21			
	Am I Hungry? Tuesdays, 12pm, 12/1-1/26	Am I Hungry? Thursdays, 9am, 1/19-3/9		Am I Hungry? Wednesdays, 9am, 3/10-4/28	Am I Hungry? Thursdays, 12pm, 5/27--7/15			Am I Hungry? Wednesdays, 12pm, 8/11- 9/29				
		Healthy Mind Series - Wednesdays, 2/3- 3/3					Inside-Out Program - Wednesdays, 6/9- 7/14					
	Nutrition, Food & You - Thursdays, 1/28- 2/25						Healthy Mind Series - Tuesdays, 7/13- 8/10					

