



Wellness Calendar

WEEKLY

MEDITATION

Come to our corporate offices to calm your mind every Wednesday for meditation with coach Emma

Glenwood Operations: 12:00p

Glenwood Corporate: 2:00p

Lake Drive: 2:45p

MONTHLY

LUNCH & LEARN

Come join us the 3rd Wednesday of each month at Glenwood Corporate Office from 12:00p - 1:00p

June: Debunking Fad Diets

July: Living Full Circle

August: Fast Food Nuggets

September: Quick & Easy Meal Prep

October: Crucial Importance of Sleep

November: Science of Happiness

December: Work/Life Balance

QUARTERLY

CHALLENGE

Second Quarter

Air 1,000 Challenge

Start Date: May 1, 2019

End Date: May 31, 2019

Third Quarter

Pedometer Challenge

Start Date: August 5, 2019

End Date: September 1, 2019

Fourth Quarter

Maintain Don't Gain

Start Date: November 25, 2019

End Date: January 2, 2020