

JANUARY 2021



SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7 Action for Happiness Thursday, Jan 7 at 5:30 pm Sign Up	8	9
10	11 Mindful Monday noon	12 Beginning Yoga Tues. 4-4:45 pm	13 Webinar: Building a Realistic Budget w/Anthem EAP Wed., 1/13 at noon	14 Webinar: Nourish Your Well-being @ noon Pause-Breathe-Reset 4pm	15	16 BEATS Saturday Morning Energizer 9am
17	18	19 Joyful in January Healthy Eating Challenge Beginning Yoga Tues. 4-4:45 pm	20 UP! Webinar Series 3 pm Register to get recording and tools	21 Mindful Pause-Breathe-Reset 4pm	22	23
24	25 Mindful Monday noon	26 Beginning Yoga Tues. 4-4:45 pm	27 UP! Webinar Series 3 pm	28 Mindful Pause-Breathe-Reset 4pm	29	30
31	Feb. 1 Mindful Monday noon					

January Highlights

- **Action for Happiness**, Thurs. Jan. 7
- **UP! Webinar Series** begins Jan 20
- **Build a Realistic Budget** - Jan. 13
- **Lunch-n-Learn-Nourish Your Well-being** - Jan. 14
- **BEATS - Saturday Morning Energizer**- Jan. 16
- **Joyful in January Challenge** - Jan. 19

Weekly Sessions

- **Mindful Monday** - Mondays @ noon
- **Beginning Yoga** - Tuesdays @ 4 pm
- **Pause-Breathe-Reset** - Thursdays @ 4pm



FEBRUARY 2021

SUN	MON	TUE	WED	THU	FRI	SAT
	1 Groove is in the Heart begins Physical Activity Challenge begins	2 Beginning Yoga Tues. 4-4:45 pm	3 UP! Webinar Series 3 pm Register to get recording and tools	4 Mindful Pause-Breathe-Reset 4pm	5	6 BEATS Saturday Morning Energizer 9am
7	8 Mindful Monday noon	9 Beginning Yoga Tues. 4-4:45 pm	10	11 Mindful Pause-Breathe-Reset 4pm	12	13
14	15 Mindful Monday noon	16	17	18 Mindful Pause-Breathe-Reset 4pm	19	20
21	22 Mindful Monday noon	23	24	25 Mindful Pause-Breathe-Reset 4pm	26	27
28						

February Highlights

- **UP! Webinar Series - Feb. 3**
- **Groove is in the Heart Challenge - Feb.1-28**
- **Webinar: Power of Positivity - Feb. 10 w/Anthem EAP**
- **BEATS - Feb. 6 at 9 am**
- **Action for Happiness - TBD**

Weekly Sessions

- **Mindful Mondays** @ noon
- **Beginning Yoga** - Tues 4 pm
- **Pause-Breathe-Reset** - 4 pm

MARCH 2021



March Highlights

- **Eat-Play-Love** - Healthy Eating and Cooking Campaign March 1-31
- **BEATS** - Saturday Morning Energizer- Jan. 16
- **Action for Happiness**

SUN	MON	TUE	WED	THU	FRI	SAT
	1 MINDFUL MONDAY NOON	2	3	4 Mindful Pause- Breathe-Reset 4pm	5	6
7	8 MINDFUL MONDAY NOON	9	10	11 Mindful Pause- Breathe-Reset 4pm	12	13 BEATS Saturday Morning Energizer 9am
14	15 MINDFUL MONDAY NOON	16	17 Eat-Play-Love	18 Mindful Pause- Breathe-Reset 4pm	19	20
21 Mindful Pause- Breathe-Reset 4pm	22 MINDFUL MONDAY NOON	23	24	25 Mindful Pause- Breathe-Reset 4pm	26	27
28	29 MINDFUL MONDAY NOON	30	31 Eat-Play-Love			

APRIL 2021

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	



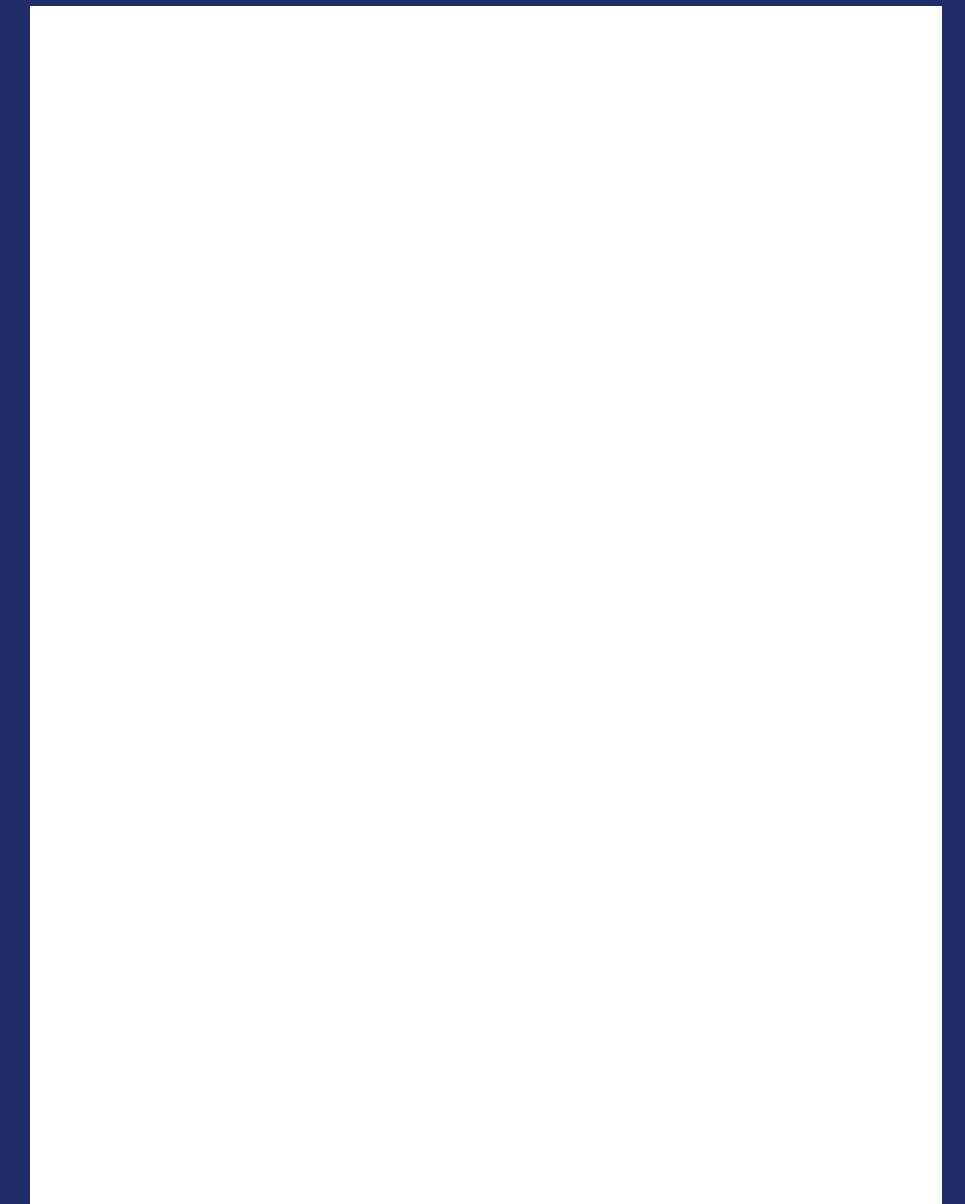
MAY 2021



SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

JUNE 2021

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			



JULY 2021

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

AUGUST 2021

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



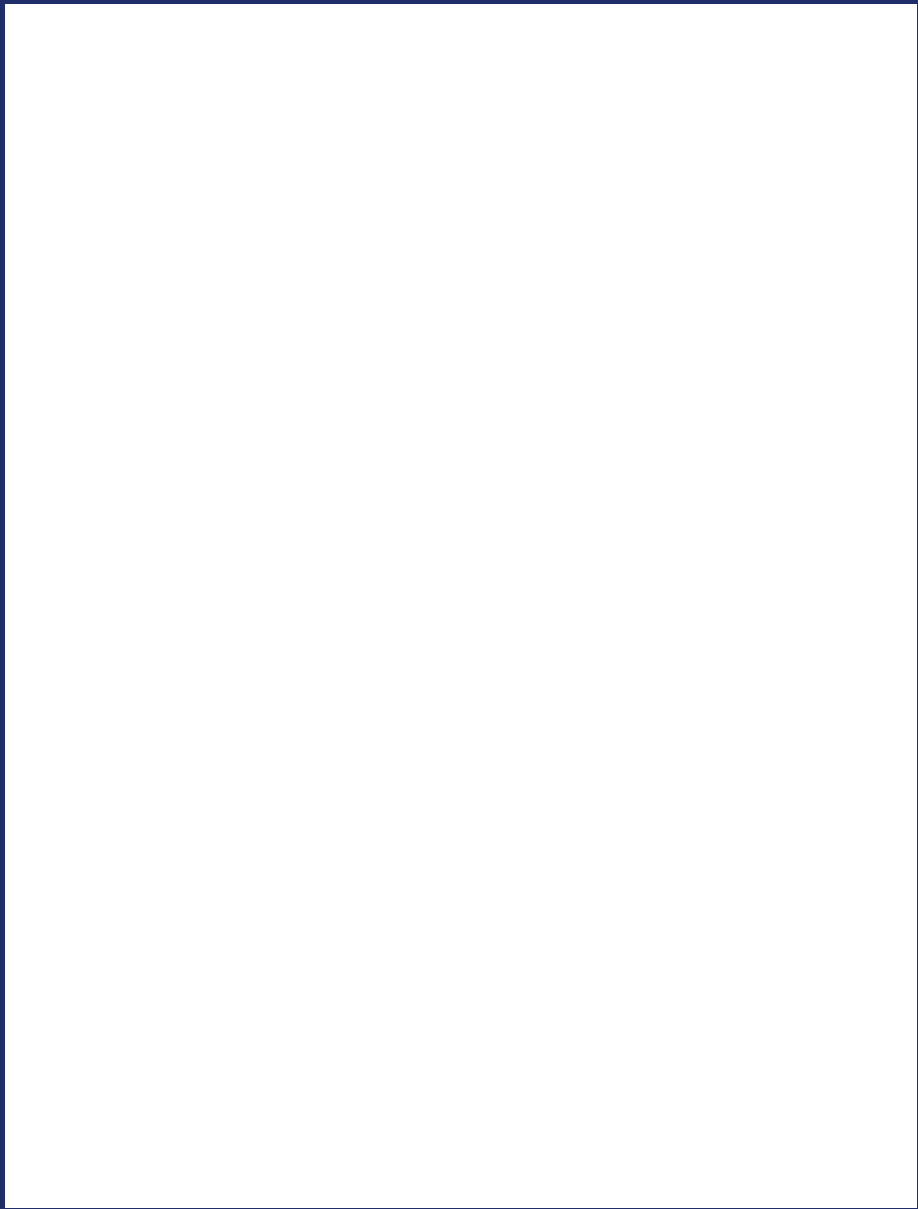
SEPTEMBER 2021

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		



OCTOBER 2021

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						



NOVEMBER 2021



SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

DECEMBER 2021

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

