



# APRIL 2021



This Month's Feature: **Walking Challenge**

**CURRENT**  
[Spring Walking Challenge](#)  
[Get Gritty](#)

**UPCOMING**  
[Talk About It Campaign](#)  
[Everyday Empowerment](#)

**OBSERVANCES**  
**April 7th**  
[World Health Day](#)  
**April 22nd**  
[Earth Day](#)

SUN	MON	TUE	WED	THU	FRI	SAT
				1 <a href="#">12 - Unwind</a>  <a href="#">12- Mending Minds</a>	2  <a href="#">12 - Flow</a>	3
4	5 <b>Walking Challenge Begins</b> <a href="#">12 - JumpStart</a>  <a href="#">12 - Navigating Market Volatility</a>	6 <a href="#">11 - Fundamentals of Investing</a>  <a href="#">12 - Build</a>	7 <a href="#">11:30- Understanding Your Cholesterol 1</a> <a href="#">12 - Maximize Social Security in Your Retirement Strategy</a> <a href="#">12 - Relax</a> <a href="#">1 - Book Club</a>	8 <a href="#">11- Protecting Your Self from Identify Theft</a> <a href="#">12 - Unwind</a>  <a href="#">12- Mending Minds</a>	9 <b>Walking Challenge Registration Closes</b> <a href="#">10- Retirement Checklist</a>  <a href="#">12 - Flow</a>	10
11	12  <a href="#">12 - JumpStart</a>	13 <a href="#">12 - Build</a> <a href="#">12:30 - Happiness Hacks</a> <a href="#">1 - Allergies, Asthma and Sinus Conditions</a>	14 <a href="#">12- Understanding Your Cholesterol 2</a> <a href="#">12 - Relax</a> <a href="#">1 - Book Club</a> <a href="#">5- Allergies, Asthma and Sinus Conditions</a>	15  <a href="#">12 - Unwind</a>	16  <a href="#">12 - Flow</a>	17
18	19  <a href="#">12 - JumpStart</a>	20  <a href="#">12 - Build</a>	21 <a href="#">12- Understanding Your Cholesterol 3</a> <a href="#">12 - Relax</a>  <a href="#">1 - Book Club</a>	22  <b>Carbon Footprint Challenge</b> <a href="#">12 - Unwind</a>	23  <a href="#">12 - Flow</a>	24
25	26  <a href="#">12 - JumpStart</a>	27  <a href="#">12 - Build</a>	28  <a href="#">12 - Relax</a>  <a href="#">1 - Book Club</a>	29  <a href="#">12 - Unwind</a>	30  <a href="#">12 - Flow</a>	