

# APRIL 2021

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

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

## CURRENT

Spring Walking Challenge

Get Gritty

## UPCOMING

Talk About It Campaign

Everyday Empowerment

## OBSERVANCES

**April 7th**

World Health Day

**April 22nd**

Earth Day