

JANUARY 2022











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	3	4	5	6	7
<p>CURRENT</p> <p> <u>Step Into the New Year Walking Challenge</u> January 3-30</p> <p> <u>Text-ercise Challenge</u> January 3-30</p> <p> <u>One-On-One Health Coaching</u> Starts January 24</p>	<p>3</p> <p> <u>Register ASAP!</u></p> <p>12 p.m. - <u>JumpStart</u></p>	<p>4</p> <p>12 p.m. - <u>Relax</u></p>	<p>5</p> <p>12 p.m. - <u>Build</u></p>	<p>6</p> <p>New Zoom link! </p> <p>12 p.m. - <u>Unwind</u></p>	<p>7</p> <p>12 p.m. - <u>Last chance to register!</u></p>
	<p>10</p> <p>12 p.m. - <u>JumpStart</u></p>	<p>11</p> <p>12 p.m. - <u>Relax</u> 1 p.m. - <u>New Year New You</u></p>	<p>12</p> <p>12 p.m. - <u>Build</u></p>	<p>13</p> <p>12 p.m. - <u>Unwind</u></p>	<p>14</p> <p>12 p.m. - <u>Alzheimer's Caregiver Support Group</u></p>
	<p>17</p>	<p>18</p> <p>12 p.m. - <u>Relax</u></p>	<p>19</p> <p> Are there any spots left? <u>Register now!</u></p> <p>12 p.m. - <u>Build</u></p>	<p>10</p> <p>12 p.m. - <u>Unwind</u></p>	<p>21</p> <p> NATIONAL HUGGING DAY</p>
<p>LOOKING FORWARD</p> <p>February</p> <p>Black History Month</p> <p>American Heart Month</p> <p>Cancer Prevention Month</p> <p>Financial Literacy Webinars</p> <p>Couch to 5K</p> <p>March</p> <p>Sleep Awareness Week</p> <p>National Nutrition Month</p> <p>STI Awareness Month</p> <p>Sleep Workshop Series</p>	<p>24</p> <p></p> <p>12 p.m. - <u>JumpStart</u></p>	<p>25</p> <p>12 p.m. - <u>Relax</u></p>	<p>26</p> <p>12 p.m. - <u>Build</u></p>	<p>27</p> <p>12 p.m. - <u>Unwind</u></p>	<p>28</p> <p>NATIONAL FUN AT WORK DAY </p>
	<p>31</p> <p>12 p.m. - <u>JumpStart</u></p>	<p>1</p> <p>12 p.m. - <u>Relax</u></p>	<p>2</p> <p>12 p.m. - <u>Build</u></p>	<p>3</p> <p>12 p.m. - <u>Unwind</u></p>	<p>4</p> <p> WORLD CANCER DAY</p>