

# JULY 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1	2	3	4
5	6	7 WELLNESS WEDNESDAY Webinar- Livewell Program & VP Platform Demo - 11:30 a.m.	8	9	10	11
12 <b>Healthy Habit Challenge:</b> Time for Friends <b>Challenge Begins:</b> <b>Rhythms that Move You</b>	13 <b>Healthy Habit Challenge:</b> Time for Friends <b>Webinar - Parents, Mental Health and Returning to Post-Pandemic World - 1 p.m.</b>	14 <b>Healthy Habit Challenge:</b> Time for Friends	15 <b>Healthy Habit Challenge:</b> Time for Friends	16 <b>Healthy Habit Challenge:</b> Time for Friends	17 <b>Healthy Habit Challenge:</b> Time for Friends	18 <b>Healthy Habit Challenge:</b> Time for Friends
19	20	21 WELLNESS WEDNESDAY Webinar- Post-COVID Nutrition and Cup Match Prep - 11:30 a.m.	22	23 <b>Tokyo 2020 Olympics Begins</b>	24	25
26	27	28	29 <b>Emanicipation Day</b>  <b>CUPMATCH</b>	30 <b>Mary Prince Day</b>  <b>CUPMATCH</b>	31	
		<b>NOTES:</b>  <b>Fight the Bite- Mosquito Awareness Month</b>  <b>Corporate Challenge: Rhythms That Move You (July 12th- Aug. 30th)</b>				