

SEPTEMBER 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Labour Day (Holiday)	2	3 EAP Webinar - Pick up the Pieces: When a Loved One Commits Suicide - 12 Noon	4	5	6	7
8	9	10 WORLD SUICIDE PREVENTION DAY EAP Webinar - What the Health Insurance: Tips to better understand your Health insurance and coverage - 12 Noon	11 WELLNESS Webinar- Shining a Light on Dementia: Awareness, Prevention, and Care - 12:00 p.m.	12	13	14
15	16	17 WELLNESS WEDNESDAY Webinar- LiveWell Program and Wellness Benefits - 12 noon EAP Webinar - Pension Power! An essential tool for your financial fitness -	18	19	20	21 WORLD ALZHEIMER'S DAY
22	23	24 EAP Webinar - Understanding Fibromyalgia - 12 Noon	25	26 Breast Cancer Awareness Walk Pak Pick-up - (5:00 p.m. - 6:30 p.m. BCHC)	27	28
29	30 LiveWell EAT RIGHT FOR LIFE Program - Session #1, 12 Noon					
		NOTES: Alzheimer's Awareness Month; Ovarian Cancer Awareness Month				