

JANUARY 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						1 NEW YEAR'S DAY (Holiday)
2	3	4	5	6	7	8 Goslings & Hamilton Princess Fun Run to the Beach 7.13 Km - 8:30 a.m.
9 Healthy Habit Challenge: Take Your Time	10 Healthy Habit Challenge: Take Your Time	11 Healthy Habit Challenge: Take Your Time WELLNESS WEBINAR - Livewell Program & VP Platform Demo Webinar - 11:30 a.m. AST	12 Healthy Habit Challenge: Take Your Time	13 Healthy Habit Challenge: Take Your Time Bermuda Triangle Challenge - Butterfield Mile - 7 p.m.	14 Healthy Habit Challenge: Take Your Time Bermuda Triangle Challenge - BF&M Bermuda 10K Run/Walk - 9 a.m.	15 Healthy Habit Challenge: Take Your Time Bermuda Triangle Challenge - PwC Half & Full Marathon - 9 a.m.
16 Registration Begins: Eco-Friendly Cities Around the World	17	18 WELLNESS WEBINAR - Tips to Make Your Health a Priority in 2023 - 11:30 a.m. AST	19	20	21	22 Butterfield & Vallis 5k Walk/Run - Virtual
23	24	25	26 LIVEWELL EAT RIGHT FOR LIFE Programme - Session #1 3:00 p.m. AST	27	28	29
30 Challenge Begins: Eco-Friendly Cities Around the World	31 NOTES:					
	Cervical Health Awareness Month Corporate Challenge: Eco-Friendly Cities Around the World (Jan 30th - Mar 20th, 2023)					