

APRIL 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	2 WORLD AUTISM AWARENESS DAY	3 WELLNESS WEDNESDAY - Better Sleep For Life Webinar Series - Session #3 - 12 Noon	4 LIVEWELL EAT RIGHT FOR LIFE Program - Session #6 - 3:00 p.m.	5	6	7 WORLD HEALTH DAY
8 Healthy Habit Challenge: On Budget	9 Healthy Habit Challenge: On Budget	10 Healthy Habit Challenge: On Budget WELLNESS WEDNESDAY - Livewell Program & VP Platform Demo Webinar - 11:30 a.m.	11 Healthy Habit Challenge: On Budget	12 Healthy Habit Challenge: On Budget	13 Healthy Habit Challenge: On Budget	14 Healthy Habit Challenge: On Budget RenRe 5 mile/10 mile Run/Walk - 8:30 a.m.
15 Registration Begins: Explore the Mediterranean	16	17	18	19	20	21 Bermuda National Gallery (BNG) 5K Fun Run/Walk for the Arts- 8:30 a.m.
22	23	24 WELLNESS WEDNESDAY - Everything You Wanted to Know About Asthma and COPD - 12 Noon	25	26	27	28
29 Challenge Begins: Explore the Mediterranean	30					
		NOTES: Alcohol Awareness Month; Autism Awareness Month; Child Sexual Abuse Prevention Month Corporate Challenge: Explore the Mediterranean (April 29th - June 3rd, 2024)				