

# JUNE 2023



| MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY  | SATURDAY  | SUNDAY   |
|--|---|--|---|---|---|--|
|  |   |  | 1   | 2   | 3   | 4<br>YOU GO GIRL Relay 2023 Race (Hamilton, 8:30 a.m.)<br><br>Health Forum - Complementary & Alternative Medicine in Bda (NSC, |
| 5<br>Challenge Ends: From City to Sea  | 6   | 7<br>WELLNESS WEDNESDAY Webinar - Livewell Program & VP Platform Demo - 11:30 a.m.   | 8   | 9   | 10  | 11<br>Run for Memories (St. George's, 8:30 a.m.)   |
| 12<br>Healthy Habit Challenge: Rewire Stereotypes  | 13<br>Healthy Habit Challenge: Rewire Stereotypes                     | 14<br>Healthy Habit Challenge: Rewire Stereotypes<br><br>WORLD BLOOD DONOR DAY   | 15<br>Healthy Habit Challenge: Rewire Stereotypes           | 16<br>Healthy Habit Challenge: Rewire Stereotypes           | 17<br>Healthy Habit Challenge: Rewire Stereotypes<br><br>Clarien Iron Kids Triathlon (Clearwater Beach, 10:30 a.m.) | 18<br>Father's Day<br><br>Healthy Habit Challenge: Rewire Stereotypes  |
| 19<br>National Heroes' Day (Holiday)   | 20<br>WELLNESS PARTNER SPOTLIGHT Webinar - Fountain Health, 1:00 p.m. | 21   | 22  | 23<br>OLYMPIC DAY   | 24  | 25   |
| 26<br>BF&M Wellness Week - Barr's Bay Park, 11.am. - 2 p.m.<br><br>Registration Begins: Hawaiian Islands | 27<br>BF&M Wellness Week - Barr's Bay Park, 11.am. - 2 p.m.           | 28<br>BF&M Wellness Week - Barr's Bay Park, 11.am. - 2 p.m.<br><br>WELLNESS WEDNESDAY Webinar- Managing Chronic Pain & Migraines - 1:00 p.m. | 29<br>BF&M Wellness Week - Barr's Bay Park, 11.am. - 2 p.m. | 30<br>BF&M Wellness Week - Barr's Bay Park, 11.am. - 2 p.m. |   |  |
|  |   | NOTES:<br><br>HIV Awareness Month; Lung Cancer Awareness Month<br>Corporate Challenge: From City to Sea (April 24th- June 5th, 2023)         |   |   |   |  |