

JANUARY 2021



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				1 New Year's Day (Holiday)	2	3
4	5	6	7	8	9	10
11 Healthy Habit Challenge: Move on the Hour Registration Begins: World at Play	12 Healthy Habit Challenge: Move on the Hour	13 Healthy Habit Challenge: Move on the Hour WELLNESS WEDNESDAY - Livewell Program & VP Platform Demo Webinar - 11:30 a.m.	14 Healthy Habit Challenge: Move on the Hour	15 Healthy Habit Challenge: Move on the Hour	16 Healthy Habit Challenge: Move on the Hour	17 Healthy Habit Challenge: Move on the Hour
18	19	20 WELLNESS WEDNESDAY - How to Eat Healthy on a Budget - 11:30 a.m.	21	22	23	24 Butterfield & Vallis 5k Walk/Run - Virtual
25 Challenge Begins: World at Play	26	27 WELLNESS WEDNESDAY - Livewell Program & VP Platform Demo Webinar - 11:30 a.m.	28	29	30	31
		NOTES: Cervical Health Awareness Month; Blood Donor Month Corporate Challenge: World at Play (Jan 25-Mar 22nd)				