

DECEMBER 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						1 WORLD AIDS DAY
2	3	4 Holiday Survival Challenge WELLNESS WEDNESDAY Webinar- Healthy Holidays: How to Navigate the Season Like a Boss - 12 Noon	5 Holiday Survival Challenge	6 Holiday Survival Challenge	7 Holiday Survival Challenge	8 Holiday Survival Challenge Bermuda Red Cross Jingle Bell 5K Run/Walk 8:30 a.m.
9 Holiday Survival Challenge Healthy Habit Challenge: Step Away	10 Holiday Survival Challenge Healthy Habit Challenge: Step Away	11 Healthy Habit Challenge: Step Away	12 Healthy Habit Challenge: Step Away	13 Healthy Habit Challenge: Step Away	14 Healthy Habit Challenge: Step Away	15 Healthy Habit Challenge: Step Away
16	17	18	19	20	21	22
23	24 Christmas Eve	25 Christmas Day (Holiday)	26 Boxing Day (Holiday)	27	28	29
30	31 New Year's Eve	NOTES: Corporate Challenge: Holiday Survival (Dec. 4th - Dec. 10th, 2024)				