

JULY 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	2	3 WELLNESS WEDNESDAY Webinar- Livewell Program & VP Platform Demo - 11:30 a.m.	4	5	6	7
8 Healthy Habit Challenge: Bit of Everything Challenge Begins: Pacific Crest Trail	9 Healthy Habit Challenge: Bit of Everything	10 Healthy Habit Challenge: Bit of Everything	11 Healthy Habit Challenge: Bit of Everything	12 Healthy Habit Challenge: Bit of Everything	13 Healthy Habit Challenge: Bit of Everything	14 Healthy Habit Challenge: Bit of Everything
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				
		NOTES: Fight the Bite (Mosquito Awareness Month) Corporate Challenge: Pacific Crest Trail (July 8th- Aug. 26th, 2024)				