

# SEPTEMBER 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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2 Labour Day (Holiday)	3	4	5	6	7	8 Zurich 5K & 2K Run/Walk - 9:00 a.m. (Clearwater Beach)
9 Healthy Habit Challenge: Loosen Up	10 Healthy Habit Challenge: Loosen Up	11 Healthy Habit Challenge: Loosen Up  WELLNESS WEDNESDAY Webinar - LiveWell Program and Resources at 11:30 a.m.	12 Healthy Habit Challenge: Loosen Up	13 Healthy Habit Challenge: Loosen Up	14 Healthy Habit Challenge: Loosen Up	15 Healthy Habit Challenge: Loosen Up
16 Celebrating Wellness Let's Talk Mental Health Panel Discussion - 6:00-8:00p.m. (NSC)	17 LiveWell EAT RIGHT FOR LIFE Program - Session #1, 3:00 p.m.	18 WELLNESS WEDNESDAY Webinar - WORLDCARE Medical & Mental Health Second Opinion Webinar, 12 - 1 p.m	19	20	21 WORLD ALZHEIMER'S DAY	22 Celebrating Wellness HealthExtravaganza - 1:00 - 4:00 p.m. (Front Street)
23 Registration Opens: The Great Wall of China	24	25 LiveWell EMPOWERED PARENTING Webinar Program - Session #1 - 12 Noon	26	27 Breast Cancer Awareness Walk Pak Pick-up - 4:30-6:00 p.m. (BCHC)	28	29
30		<b>NOTES:</b>  Alzheimer's Awareness Month; Ovarian Cancer Awareness Month Corporate Challenge: The Great Wall of China (Oct. 7th - Nov. 18th, 2024)				