

MARCH 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					1	2 26th Annual David Saul Memorial Fidelity 5K/1.8K Run/Walk -
3	4	5	6	7	8	9 2025 Lindo's to Lindo's 10K Run& 4 Walk - 8:30 a.m.
10	11 LiveWell EAT RIGHT FOR LIFE Program - Session #4, 3:00 p.m.	12 WELLNESS WEDNESDAY - Livewell Program & VP Platform Demo Webinar - 11:30 a.m.	13 WORLD KIDNEY DAY	14 WORLD SLEEP DAY	15	16
17	18	19	20	21	22 Zoom Around the Sound 2025, 7:30 a.m. EARTH HOUR - 8:30 - 9:30 p.m.	23
24	25 LiveWell EAT RIGHT FOR LIFE Program - Session #5, 3:00 p.m.	26 WELLNESS WEDNESDAY - Kidney Disease Awareness Webinar - 12 Noon	27 WELLNESS PARTNER SPOTLIGHT Webinar - Kidney Care Bermuda & Bermuda Home Dialysis, 12 Noon	28	29	30 WIRe Run 4 Her Relay - 8:30 a.m.
31		NOTES: Sleep Awareness Month; Nutrition Month; Colorectal Cancer Awareness Month				