

January 2012- National Glaucoma Awareness Month

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Final *Health Risk Assessment Begins*	2 Week	3 To Weigh	4 In For	5 Maintain	6 Don't	7 Gain
8 	9	10 Last Day to Turn in Maintain Don't Gain Paperwork to Diana Gowdy.	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



February 2012- American Heart Month



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<i>1</i> Wellness With Water Challenge Begins!	<i>2</i>	<i>3</i>	<i>4</i>
<i>5</i>	<i>6</i>	<i>7</i>	<i>8</i>	<i>9</i>	<i>10</i>	<i>11</i>
<i>12</i>	<i>13</i>	<i>14</i>	<i>15</i> Look for the Wellness Contest in the Communicator!	<i>16</i>	<i>17</i>	<i>18</i>
<i>19</i>	<i>20</i>	<i>21</i>	<i>22</i>	<i>23</i>	<i>24</i>	<i>25</i>
<i>26</i>	<i>27</i>	<i>28</i>	<i>29</i> Wellness With Water Challenge Ends!			

March 2012- National Nutrition Month

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<i>1</i> Agree to Three Begins!	<i>2</i>	<i>3</i>
<i>4</i>	<i>5</i>	<i>6</i>	<i>7</i> Last Day to Turn in Wellness With Water Forms to Diana Gowdy!	<i>8</i>	<i>9</i>	<i>10</i>
<i>11</i>	<i>12</i>	<i>13</i>	<i>14</i>	<i>15</i>	<i>16</i>	<i>17</i> Hornell YMCA Run for the Shamrock 5K- Hornell, NY
<i>18</i>	<i>19</i>	<i>20</i>	<i>21</i>	<i>22</i>	<i>23</i>	<i>24</i>
<i>25</i>	<i>26</i>	<i>27</i>	<i>28</i>	<i>29</i>	<i>30</i> 	<i>31</i> Last Day of Agree To Three Challenge!

April 2012- Stress Awareness Month

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 	2	3	4 Last Day to turn in Agree To Three Forms to Diana Gowdy!	5	6	7
8	9	10	11	12	13 Look for the Wellness Contest in the Communicator!	14
15	16 Registration for Walk to Wellness begins at www.Relphhealth.com	17	18	19	20	21
22 Tentative Arc Sponsored 5K walk/run.	23	24	25	26	27	28
29	30 Registration for Walk to Wellness ends.					


May 2012- National Blood Pressure Month

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 Walk to Wellness Begins!	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29 Walk to Wellness Ends!	30	31		


June 2012- National Fresh Fruit & Vegetable Month

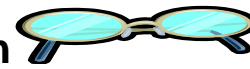

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2 
3	4	5	6	7	8	9 Dash for the Cash 5K- Rochester, NY Register on active.com
10	11	12 Last Day to track Walk to Wellness minutes.	13	14	15 Look for the Wellness Contest in the Communicator!	16
17	18	19	20 Wellness Fair 8:30-2:30 Raptis	21	22	23
24 	25	26	27	28	29	30 Last day to complete the HRA at www.relphhealth.com .

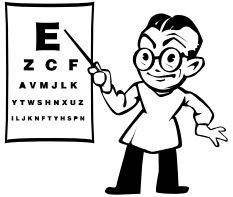

July 2012- UV Safety Month

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Marathon Madness Begins!	2	3	4	5	6	7 
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29 	30	31				



August 2012- National Eye Exam Month



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11 Last Day of Marathon Madness!
12	13 Look for the Wellness Contest in the Communicator!	14	15 Last day to turn in Marathon Madness forms to Diana Gowdy.	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

September 2012- Whole Grains Month

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						<i>1</i> Strive For 5 Begins!
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23 Rochester Marathon- September 23rd	24	25	26	27	28	29
30 Strive For 5 Ends September 30th!						

October 2012- Breast Cancer Awareness Month

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5 Last Day to Turn in Strive For 5 Forms to Diana Gowdy!	6 
7	8	9	10	11	12	13 Scarecrow Safe Journey 5K- Fairport, NY- Register on active.com
14	15 Look for the Wellness Contest in the Communicator!	16	17	18	19	20
21	22	23	24	25	26	27
28 	29	30	31 Last day to turn in 2012 Wellness Incentive Receipts			



November 2012- American Diabetes Month





Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
First	Weigh-In	Week	For	Maintain Great American Smoke-out	Don't	Gain
18	19	20	21	22	23	24
Maintain Don't Gain Beings!						
25	26	27	28	29	30	



December 2012



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14 Look for the Wellness Contest in the Communicator!	15
16	17	18	19	20	21	22
23	24	25 <i>Merry Christmas!</i> 	26	27	28	29
30	31					