

MONTHLY WELLNESS THEMES

SEPTEMBER, **KINDNESS**

OCTOBER, **GET ACTIVE, STAY ACTIVE**

NOVEMBER, **HEALTHY EATING**

DECEMBER, **HEALTHY HOLIDAYS**

JANUARY, **HEALTHY SLEEP HABITS**

FEBRUARY, **ENERGIZE YOUR SOUL**

MARCH, **EMOTIONAL WELLNESS**

APRIL, **KNOW YOUR NUMBERS**

MAY, **ZAP STRESS**

JUNE, **SUMMER SAFETY**

