

Health Promotion Team Calendar of Events 2015-2016

<p>July</p> <p>Drink to Your Health</p>	<p>August</p> <p>Keep Calm & Wear Shades</p> <p>Fruits & Veggies</p>	<p>September</p> <p>Century Club—100 Days/100 Miles 9/23-12/31</p> <p>Commuter Challenge</p>	<p>October</p> <p>Flu Shot Clinics</p>
<p>November</p> <p>No New Pounds Challenge 11/23-1/04</p> <p>Century Club 100 Days/100 Miles Challenge</p>	<p>December</p>	<p>January</p> <p>Exercise Challenge</p>	<p>February</p> <p>You Are What You Eat</p>
<p>March</p> <p>Team Trek Challenge 2/28-4/13</p>	<p>April</p> <p>Pear Blossom 4/13</p>	<p>May</p> <p>Bike to Work Month</p> <p>Stress/Sleep Challenge</p>	<p>June</p> <p>Secret Challenge</p> <p>Health Risk Assessments</p>



The Health Promotion Team is excited to offer many opportunities throughout the year to improve your health and wellbeing. Announcements and reminders for each of the challenge events will be distributed by email. Additionally, employees may locate Health Goals, tracking sheets, and other health related information on the City's "M" drive. For full details, please refer to the Health Promotion Goals 2015-2016.

For questions or information on how to join the Health Promotion Team, email at health@cityofmedford.org