



**“BE WELL” BREAK and Workshop Schedule 2019**

| DATE                                      | MONTHLY THEME  | PLANNERS                 |
|---|--|--------------------------|
| <b>AUGUST 21</b><br>11:00AM –<br>11:45AM  | <b>Grow Your Own...Microgreens – “Be Well” Workshop</b>          | Anna, Cynthia            |
| <b>SEPTEMBER 11</b><br>2:30PM –<br>3:00PM | <b>Suicide Awareness and Yoga – “Be Well” Break</b>              | Lorrie, Melissa          |
| <b>OCTOBER 8</b><br>11:00AM –<br>11:30AM  | <b>Cancer Awareness and Support ECC Sports – “Be Well” Break</b> | Steffani, Tracie         |
| <b>NOVEMBER 15</b><br>12:30PM –<br>1:00PM | <b>Thankful and Healthy Snacks – “Be Well” Break</b>             | Peggy, Donna,<br>Melissa |
| <b>DECEMBER 4</b><br>2:30PM –<br>3:30PM   | <b>Giving and Crafts – “Be Well” Break</b>                       | Angie, Kim               |

**“Be Well” Breaks are open to all employees. We hope you can attend!**

**Committee Members:** Kim Aguilar, Donna Kennedy, Peggy Reeves, Lorrie Glynn-Baird, Anna Schwein, Angela Siebert, Melissa Richards, Cynthia Cubas (Rolla), Steffani McCrary, Tracie Welsh and Wendy Hartmann (Committee Chair).

“Be Well” Breaks are worth 10 participation points and “Be Well” Workshops are worth 20 participation points for the full-time employee 2019 Wellbeing Program.

*Updated 7-25-19*