



## May 2016

### Wellness Calendar

| Sunday | Monday | Tuesday                                                                       | Wednesday                                                              | Thursday                                                                      | Friday | Saturday |
|--------|--------|-------------------------------------------------------------------------------|------------------------------------------------------------------------|-------------------------------------------------------------------------------|--------|----------|
| 1      | 2      | 3                                                                             | 4                                                                      | 5                                                                             | 6      | 7        |
|        |        |                                                                               | Be Healthy<br>Presentation<br>Mindful<br>Eating<br>DSSC 203<br>2:45 pm | Caring for<br>Aging<br>Parents<br>Webinar<br>See Flyer<br>for details<br>2 pm |        |          |
| 8      | 9      | 10                                                                            | 11                                                                     | 12                                                                            | 13     | 14       |
|        |        |                                                                               |                                                                        |                                                                               |        |          |
| 15     | 16     | 17                                                                            | 18                                                                     | 19                                                                            | 20     | 21       |
|        |        |                                                                               |                                                                        |                                                                               |        |          |
| 22     | 23     | 24                                                                            | 25                                                                     | 26                                                                            | 27     | 28       |
|        |        |                                                                               |                                                                        |                                                                               |        |          |
| 29     | 30     | 31                                                                            |                                                                        |                                                                               |        |          |
|        |        | <b>Bingo<br/>Cards Due.</b><br>Turn into<br>Karen Rinne<br>or Megan<br>Elbert |                                                                        |                                                                               |        |          |