Wellness Calendar

**January 2016**

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| --- | --- | --- | --- |
| **Date:** | **Event:** | **Time:** | **Where: Room**  **Location** |
| January 19-26 | Creative Snowman Contest (see flyers for details) | All day | Anywhere |
| January 26 | Mini break session | 10:00 a.m. | HR Conference Room  County Building |
| January 26 | Mini break session | 10:20 a.m. | HR Conference Room  County Building |
| January 27 | Mini break session | 10:00 a.m. | EOC  Sheriff’s Office |
| January 27 | Mini break session | 10:20 a.m. | EOC  Sheriff’s Office |

**February 2016**

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| --- | --- | --- | --- |
| **Date:** | **Event:** | **Time:** | **Where: Room**  **Location** |
| February 2 | RAP Session | 12:00 p.m. | EOC  Sheriff’s Office |
| February 4 | RAP Session | 9:00 a.m. | Commissioner’s Chambers  County Building |
| February 9 | Mini break session | 10:00 a.m. | HR Conference Room  County Building |
| February 9 | Mini break session | 10:20 a.m. | HR Conference Room  County Building |
| February 10 | Mini break session | 10:00 a.m. | EOC  Sheriff’s Office |
| February 10 | Mini break session | 10:20 a.m. | EOC  Sheriff’s Office |
| February 17 | Seminar | 10:00 a.m. | HR Conference Room  County Building |
| February 23 | Mini break session | 10:00 a.m. | HR Conference Room  County Building |
| February 23 | Mini break session | 10:20 a.m. | HR Conference Room  County Building |
| February 24 | Mini break session | 10:00 a.m. | EOC  Sheriff’s Office |
| February 24 | Mini break session | 10:20 a.m. | EOC  Sheriff’s Office |

**March 2016**

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| --- | --- | --- | --- |
| **Date:** | **Event:** | **Time:** | **Where: Room**  **Location** |
| March 1 | RAP Session | 12:00 p.m. | EOC  Sheriff’s Office |
| March 3 | RAP Session | 9:00 a.m. | Commissioner’s Chambers  County Building |
| March 8 | Mini break session | 10:00 a.m. | HR Conference Room  County Building |
| March 8 | Mini break session | 10:20 a.m. | HR Conference Room  County Building |
| March 9 | Mini break session | 10:00 a.m. | EOC  Sheriff’s Office |
| March 9 | Mini break session | 10:20 a.m. | EOC  Sheriff’s Office |
| March 10 | Health Fair (Mandatory  Biometrics, Etc.) | 6:30 a.m. | Roadshed |
| March 10 | Health Fair (Mandatory  Biometrics, Etc.) | TBD | EOC  Sheriff’s Office |
| March 10 | Health Fair (Mandatory  Biometrics, Etc.) | TBD | HR Conference Room  County Building |
| March 16 | Seminar | 10:00 a.m. | HR Conference Room  County Building |
| March 22 | Mini break session | 10:00 a.m. | HR Conference Room  County Building |
| March 22 | Mini break session | 10:20 a.m. | HR Conference Room  County Building |
| March 23 | Mini break session | 10:00 a.m. | EOC  Sheriff’s Office |
| March 23 | Mini break session | 10:20 a.m. | EOC  Sheriff’s Office |

**April 2016**

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| --- | --- | --- | --- |
| **Date:** | **Event:** | **Time:** | **Where: Room**  **Location** |
| April 5 | RAP Session | 12:00 p.m. | EOC  Sheriff’s Office |
| April 5 | RAP Session | 9:00 a.m. | Commissioner’s Chambers  County Building |
| April 12 (Proposed) | Mini break session | 10:00 a.m. | HR Conference Room  County Building |
| April 12 (Proposed) | Mini break session | 10:20 a.m. | HR Conference Room  County Building |
| April 13 (Proposed) | Mini break session | 10:00 a.m. | EOC  Sheriff’s Office |
| April 13 (Proposed) | Mini break session | 10:20 a.m. | EOC  Sheriff’s Office |
| April 20 (Proposed) | Seminar | 10:00 a.m. | HR Conference Room  County Building |
| April 26 (Proposed) | Mini break session | 10:00 a.m. | HR Conference Room  County Building |
| April 26 (Proposed) | Mini break session | 10:20 a.m. | HR Conference Room  County Building |
| April 27 (Proposed) | Mini break session | 10:00 a.m. | EOC  Sheriff’s Office |
| April 27 (Proposed) | Mini break session | 10:20 a.m. | EOC  Sheriff’s Office |

**May 2016**

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| --- | --- | --- | --- |
| **Date:** | **Event:** | **Time:** | **Where: Room**  **Location** |
| May 1 | RAP Session | 12:00 p.m. | EOC  Sheriff’s Office |
| May 1 | RAP Session | 9:00 a.m. | Commissioner’s Chambers  County Building |
| May 10 (Proposed) | Mini break session | 10:00 a.m. | HR Conference Room  County Building |
| May 10 (Proposed) | Mini break session | 10:20 a.m. | HR Conference Room  County Building |
| May 11 (Proposed) | Mini break session | 10:00 a.m. | EOC  Sheriff’s Office |
| May 11 (Proposed) | Mini break session | 10:20 a.m. | EOC  Sheriff’s Office |
| May 18 (Proposed) | Seminar | 10:00 a.m. | HR Conference Room  County Building |
| May 24 (Proposed) | Mini break session | 10:00 a.m. | HR Conference Room  County Building |
| May 24 (Proposed) | Mini break session | 10:20 a.m. | HR Conference Room  County Building |
| May 25 (Proposed) | Mini break session | 10:00 a.m. | EOC  Sheriff’s Office |
| May 25 (Proposed) | Mini break session | 10:20 a.m. | EOC  Sheriff’s Office |

**June 2016**

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| --- | --- | --- | --- |
| **Date:** | **Event:** | **Time:** | **Where: Room**  **Location** |
| June 2 (Proposed) | RAP Session | 9:00 a.m. | Commissioner’s Chambers  County Building |
| June 7 (Proposed) | RAP Session | 12:00 p.m. | EOC  Sheriff’s Office |
| June 14 (Proposed) | Mini break session | 10:00 a.m. | HR Conference Room  County Building |
| June 14 (Proposed) | Mini break session | 10:20 a.m. | HR Conference Room  County Building |
| June 15 (Proposed) | Mini break session | 10:00 a.m. | EOC  Sheriff’s Office |
| June 15 (Proposed) | Mini break session | 10:20 a.m. | EOC  Sheriff’s Office |
| June 22 (Proposed) | Seminar | 10:00 a.m. | HR Conference Room  County Building |
| June 28 (Proposed) | Mini break session | 10:00 a.m. | HR Conference Room  County Building |
| June 28 (Proposed) | Mini break session | 10:20 a.m. | HR Conference Room  County Building |
| June 29 (Proposed) | Mini break session | 10:00 a.m. | EOC  Sheriff’s Office |
| June 29 (Proposed) | Mini break session | 10:20 a.m. | EOC  Sheriff’s Office |

**July 2016**

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| --- | --- | --- | --- |
| **Date:** | **Event:** | **Time:** | **Where: Room**  **Location** |
| July 5 (Proposed) | RAP Session | 12:00 p.m. | EOC  Sheriff’s Office |
| July 7 (Proposed) | RAP Session | 9:00 a.m. | Commissioner’s Chambers  County Building |
| July 12 (Proposed) | Mini break session | 10:00 a.m. | HR Conference Room  County Building |
| July 12 (Proposed) | Mini break session | 10:20 a.m. | HR Conference Room  County Building |
| July 13 (Proposed) | Mini break session | 10:00 a.m. | EOC  Sheriff’s Office |
| July 13 (Proposed) | Mini break session | 10:20 a.m. | EOC  Sheriff’s Office |
| July 20 (Proposed) | Seminar | 10:00 a.m. | HR Conference Room  County Building |
| July 26 (Proposed) | Mini break session | 10:00 a.m. | HR Conference Room  County Building |
| July 26 (Proposed) | Mini break session | 10:20 a.m. | HR Conference Room  County Building |
| July 27 (Proposed) | Mini break session | 10:00 a.m. | EOC  Sheriff’s Office |
| July 27 (Proposed) | Mini break session | 10:20 a.m. | EOC  Sheriff’s Office |
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**August 2016**

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| --- | --- | --- | --- |
| **Date:** | **Event:** | **Time:** | **Where: Room**  **Location** |
| August 2 (Proposed) | RAP Session | 12:00 p.m. | EOC  Sheriff’s Office |
| August 2 (Proposed) | RAP Session | 9:00 a.m. | Commissioner’s Chambers  County Building |
| August 9 (Proposed) | Mini break session | 10:00 a.m. | HR Conference Room  County Building |
| August 9 (Proposed) | Mini break session | 10:20 a.m. | HR Conference Room  County Building |
| August 10 (Proposed) | Mini break session | 10:00 a.m. | EOC  Sheriff’s Office |
| August 10 (Proposed) | Mini break session | 10:20 a.m. | EOC  Sheriff’s Office |
| August 17 (Proposed) | Seminar | 10:00 a.m. | HR Conference Room  County Building |
| August 23 (Proposed) | Mini break session | 10:00 a.m. | HR Conference Room  County Building |
| August 23 (Proposed) | Mini break session | 10:20 a.m. | HR Conference Room  County Building |
| August 24 (Proposed) | Mini break session | 10:00 a.m. | EOC  Sheriff’s Office |
| August 24 (Proposed) | Mini break session | 10:20 a.m. | EOC  Sheriff’s Office |

**September 2016**

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| --- | --- | --- | --- |
| **Date:** | **Event:** | **Time:** | **Where: Room**  **Location** |
| Sept 1 (Proposed) | RAP Session | 9:00 a.m. | Commissioner’s Chambers  County Building |
| Sept 6 (Proposed) | RAP Session | 12:00 p.m. | EOC  Sheriff’s Office |
| Sept 13 (Proposed) | Mini break session | 10:00 a.m. | HR Conference Room  County Building |
| Sept 13 (Proposed) | Mini break session | 10:20 a.m. | HR Conference Room  County Building |
| Sept 14 (Proposed) | Mini break session | 10:00 a.m. | EOC  Sheriff’s Office |
| Sept 14 (Proposed) | Mini break session | 10:20 a.m. | EOC  Sheriff’s Office |
| Sept 21 (Proposed) | Seminar | 10:00 a.m. | HR Conference Room  County Building |
| Sept 27 (Proposed) | Mini break session | 10:00 a.m. | HR Conference Room  County Building |
| Sept 27 (Proposed) | Mini break session | 10:20 a.m. | HR Conference Room  County Building |
| Sept 28 (Proposed) | Mini break session | 10:00 a.m. | EOC  Sheriff’s Office |
| Sept 28 (Proposed) | Mini break session | 10:20 a.m. | EOC  Sheriff’s Office |

**October 2016**

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| --- | --- | --- | --- |
| **Date:** | **Event:** | **Time:** | **Where: Room**  **Location** |
| Oct 4 (Proposed) | RAP Session | 12:00 p.m. | EOC  Sheriff’s Office |
| Oct 4 (Proposed) | RAP Session | 9:00 a.m. | Commissioner’s Chambers  County Building |
| Oct 11 (Proposed) | Mini break session | 10:00 a.m. | HR Conference Room  County Building |
| Oct 11 (Proposed) | Mini break session | 10:20 a.m. | HR Conference Room  County Building |
| Oct 12 (Proposed) | Mini break session | 10:00 a.m. | EOC  Sheriff’s Office |
| Oct 12 (Proposed) | Mini break session | 10:20 a.m. | EOC  Sheriff’s Office |
| Oct 19 (Proposed) | Seminar | 10:00 a.m. | HR Conference Room  County Building |
| Oct 25 (Proposed) | Mini break session | 10:00 a.m. | HR Conference Room  County Building |
| Oct 25 (Proposed) | Mini break session | 10:20 a.m. | HR Conference Room  County Building |
| Oct 26 (Proposed) | Mini break session | 10:00 a.m. | EOC  Sheriff’s Office |
| Oct 26 (Proposed) | Mini break session | 10:20 a.m. | EOC  Sheriff’s Office |

**November 2016**

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| --- | --- | --- | --- |
| **Date:** | **Event:** | **Time:** | **Where: Room**  **Location** |
| Nov 1 (Proposed) | RAP Session | 12:00 p.m. | EOC  Sheriff’s Office |
| Nov 1 (Proposed) | RAP Session | 9:00 a.m. | Commissioner’s Chambers  County Building |
| Nov 8 (Proposed) | Mini break session | 10:00 a.m. | HR Conference Room  County Building |
| Nov 8 (Proposed) | Mini break session | 10:20 a.m. | HR Conference Room  County Building |
| Nov 9 (Proposed) | Mini break session | 10:00 a.m. | EOC  Sheriff’s Office |
| Nov 9 (Proposed) | Mini break session | 10:20 a.m. | EOC  Sheriff’s Office |
| Nov 16 (Proposed) | Seminar | 10:00 a.m. | HR Conference Room  County Building |
| Nov 21-22 (Proposed) | Maintain Not Gain  Pre-holiday Weigh-in | All day | HR Conference Room  County Building |
| Nov 29 (Proposed) | Mini break session | 10:00 a.m. | HR Conference Room  County Building |
| Nov 29 (Proposed) | Mini break session | 10:20 a.m. | HR Conference Room  County Building |
| Nov 30 (Proposed) | Mini break session | 10:00 a.m. | EOC  Sheriff’s Office |
| Nov 30 (Proposed) | Mini break session | 10:20 a.m. | EOC  Sheriff’s Office |

**December 2016**

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| --- | --- | --- | --- |
| **Date:** | **Event:** | **Time:** | **Where: Room**  **Location** |
| Dec 1 (Proposed) | RAP Session | 9:00 a.m. | Commissioner’s Chambers  County Building |
| Dec 6 (Proposed) | RAP Session | 12:00 p.m. | EOC  Sheriff’s Office |
| Dec 13 (Proposed) | Mini break session | 10:00 a.m. | HR Conference Room  County Building |
| Dec 13 (Proposed) | Mini break session | 10:20 a.m. | HR Conference Room  County Building |
| Dec 14 (Proposed) | Mini break session | 10:00 a.m. | EOC  Sheriff’s Office |
| Dec 14 (Proposed) | Mini break session | 10:20 a.m. | EOC  Sheriff’s Office |
| Dec 21 (Proposed) | Seminar | 10:00 a.m. | HR Conference Room  County Building |
| Dec 27 (Proposed) | Maintain Not Gain  Pre-holiday Weigh-in | All day | HR Conference Room  County Building |
| Dec 27 (Proposed) | Mini break session | 10:00 a.m. | HR Conference Room  County Building |
| Dec 27 (Proposed) | Mini break session | 10:20 a.m. | HR Conference Room  County Building |
| Dec 28 (Proposed) | Mini break session | 10:00 a.m. | EOC  Sheriff’s Office |
| Dec 28 (Proposed) | Mini break session | 10:20 a.m. | EOC  Sheriff’s Office |

**January 2017**

|  |  |  |  |
| --- | --- | --- | --- |
| **Date:** | **Event:** | **Time:** | **Where: Room**  **Location** |
| Jan 2-3 (Proposed) | Maintain Not Gain  Post-holiday Weigh-in | All day | HR Conference Room  County Building |