

## Wellness Calendar

### January 2017

<b>Date:</b>	<b>Event:</b>	<b>Time:</b>	<b>Where: Room Location</b>
January 3	RAP Session	8:30 a.m.	Commissioner's Chambers County Building
January 3 & 4	Maintain Not Gain Challenge Weigh-ins	All day	HR Conference Room County Building
January 5	RAP Session	12:00 p.m.	Commissioner's Chambers County Building
January 11	Seminar: Pre-Diabetes (Holly Budge - BRHD)	7:00 a.m. 8:30 a.m.	Roads Dept. HR Conference Room County Building
January 18	Mini break session	10:00 & 10:20 a.m.	HR Conference Room County Building
January 20	Mini break session	10:00 & 10:20 a.m.	HR Conference Room County Building
January 30	Seminar: Triggers (Penny O'Brien – GBS)	2:30 p.m. 4:00 p.m.	HR Conference Room County Building Roads Dept.

### February 2017

<b>Date:</b>	<b>Event:</b>	<b>Time:</b>	<b>Where: Room Location</b>
February 2	RAP Session	12:00 p.m.	EOC Sheriff's Office
February 7	RAP Session	8:30 a.m.	Commissioner's Chambers County Building
February 8	Biometric/Health Fair	7:00 – 11:00 a.m.	Commissioner's Chambers County Building
February 9	Biometric/Health Fair	7:00 – 11:00 a.m.	Tremonton Fairgrounds
February 16	Pre-Diabetes Program Starts		Bear River Health Dept.
February 17 (not confirmed)	Mini break session	10:00 & 10:20 a.m.	HR Conference Room County Building
February 24 (not confirmed)	Mini break session	10:00 & 10:20 a.m.	HR Conference Room County Building

**March 2017**

<b>Date:</b>	<b>Event:</b>	<b>Time:</b>	<b>Where: Room Location</b>
March 2	RAP Session	12:00 p.m.	EOC Sheriff's Office
March 7	RAP Session	8:30 a.m.	Commissioner's Chambers County Building
March 13	Seminar: Yoga (Good Seed Yoga Studio)	9:30 a.m.	HR Conference Room County Building
March 17 (not confirmed)	Mini break session	10:00 & 10:20 a.m.	HR Conference Room County Building
March 22	Seminar: Well-being (Carly – GBS)	8:30 a.m.	HR Conference Room County Building
March 29 (not confirmed)	Mini break session	10:00 & 10:20 a.m.	HR Conference Room County Building

**April 2017**

<b>Date:</b>	<b>Event:</b>	<b>Time:</b>	<b>Where: Room Location</b>
April 4	RAP Session	8:30 a.m.	Commissioner's Chambers County Building
April 6	RAP Session	12:00 p.m.	EOC Sheriff's Office
April 10	Seminar: Oral Health (Dr. Murdock)	11:00 a.m.	HR Conference Room County Building
April 14 (not confirmed)	Mini break session	10:00 & 10:20 a.m.	HR Conference Room County Building
April 19 (not confirmed)	Mini break session	10:00 & 10:20 a.m.	HR Conference Room County Building
April 26	Seminar: Nutrition 101 (Christina – Mountain Star)	9:30 a.m.	HR Conference Room County Building

**May 2017**

<b>Date:</b>	<b>Event:</b>	<b>Time:</b>	<b>Where: Room Location</b>
May 2	RAP Session	8:30 a.m.	Commissioner's Chambers County Building
May 4	RAP Session	12:00 p.m.	EOC

			Sheriff's Office
May 8 (not confirmed)	Seminar: Prostate Cancer (Mountain Star)	TBA	HR Conference Room County Building
May 17	Seminar: Healthy in a Hurry (Becca – GBS)	2:30 p.m.	HR Conference Room County Building
May 22 (not confirmed)	Mini break session	10:00 & 10:20 a.m.	HR Conference Room County Building
May 31 (not confirmed)	Mini break session	10:00 & 10:20 a.m.	HR Conference Room County Building

### **June 2017**

<b>Date:</b>	<b>Event:</b>	<b>Time:</b>	<b>Where: Room Location</b>
June 1	RAP Session	12:00 p.m.	EOC Sheriff's Office
June 6	RAP Session	8:30 a.m.	Commissioner's Chambers County Building
June 9 (not confirmed)	Mini break session	10:00 & 10:20 a.m.	HR Conference Room County Building
June 13	Seminar: Nutrition as We Age (Christina – Mountain Star)	7:00 a.m. 8:30 a.m.	Roads Dept. HR Conference Room County Building
June 19 (not confirmed)	Seminar: Stretching/Overcoming Injuries (Korina Lee – Mountain Star)	TBA	HR Conference Room County Building
June 23 (not confirmed)	Mini break session	10:00 & 10:20 a.m.	HR Conference Room County Building

### **July 2017**

<b>Date:</b>	<b>Event:</b>	<b>Time:</b>	<b>Where: Room Location</b>
July (TBA)	RAP Session	8:30 a.m.	Commissioner's Chambers County Building
July (TBA)	RAP Session	12:00 p.m.	EOC Sheriff's Office
July (TBA)	Mini break session	10:00 & 10:20 a.m.	HR Conference Room County Building
July (TBA)	Seminar:	TBA	HR Conference Room County Building

July (TBA)	Mini break session	10:00 & 10:20 a.m.	HR Conference Room County Building
July (TBA)	Seminar:	TBA	HR Conference Room County Building

### **August 2017**

<b>Date:</b>	<b>Event:</b>	<b>Time:</b>	<b>Where: Room Location</b>
August 1	RAP Session	8:30 a.m.	Commissioner's Chambers County Building
August 3	RAP Session	12:00 p.m.	EOC Sheriff's Office
August (TBA)	Mini break session	10:00 & 10:20 a.m.	HR Conference Room County Building
August (TBA)	Mini break session	10:00 & 10:20 a.m.	HR Conference Room County Building
August (TBA)	Seminar:	TBA	HR Conference Room County Building
August (TBA)	Seminar:	TBA	HR Conference Room County Building

### **September 2017**

<b>Date:</b>	<b>Event:</b>	<b>Time:</b>	<b>Where: Room Location</b>
Sept 5	RAP Session	8:30 a.m.	Commissioner's Chambers County Building
Sept 7	RAP Session	12:00 p.m.	EOC Sheriff's Office
Sept (TBA)	Mini break session	10:00 & 10:20 a.m.	HR Conference Room County Building
Sept (TBA)	Mini break session	10:00 & 10:20 a.m.	HR Conference Room County Building
Sept (TBA)	Seminar:	TBA	HR Conference Room County Building
Sept (TBA)	Seminar:	TBA	HR Conference Room County Building

**October 2017**

<b>Date:</b>	<b>Event:</b>	<b>Time:</b>	<b>Where: Room Location</b>
Oct 3	RAP Session	8:30 a.m.	Commissioner's Chambers County Building
Oct 5	RAP Session	12:00 p.m.	EOC Sheriff's Office
Oct (TBA)	Mini break session	10:00 & 10:20 a.m.	HR Conference Room County Building
Oct (TBA)	Mini break session	10:00 & 10:20 a.m.	HR Conference Room County Building
Oct (TBA)	Seminar:	TBA	HR Conference Room County Building
Oct (TBA)	Seminar:	TBA	HR Conference Room County Building

**November 2017**

<b>Date:</b>	<b>Event:</b>	<b>Time:</b>	<b>Where: Room Location</b>
Nov (TBA)	Open Enrollment Benefits	TBA	TBA
Nov (TBA)	Open Enrollment Benefits	TBA	TBA
Nov 15	Seminar: Portion Distortion (Becca – GBS)	2:30 p.m.	HR Conference Room County Building
Nov (TBA)	Mini break session	10:00 & 10:20 a.m.	HR Conference Room County Building
Nov (TBA)	Mini break session	10:00 & 10:20 a.m.	HR Conference Room County Building
Nov 20 & 21	Maintain Not Gain Pre-holiday Weigh-in	All day	HR Conference Room County Building
Nov (TBA)	Mini break session	10:00 & 10:20 a.m.	HR Conference Room County Building

**December 2017**

<b>Date:</b>	<b>Event:</b>	<b>Time:</b>	<b>Where: Room Location</b>
Dec 5	RAP Session	8:30 a.m.	Commissioner's Chambers County Building
Dec 7	RAP Session	12:00 p.m.	EOC

			Sheriff's Office
Dec 12	Seminar: SPACE (Carly – GBS)	8:30 a.m.	HR Conference Room County Building
Dec (TBA)	Mini break session	10:00 & 10:20 a.m.	HR Conference Room County Building
Dec (TBA)	Mini break session	10:00 & 10:20 a.m.	HR Conference Room County Building
Dec (TBA)	Seminar:	TBA	HR Conference Room County Building

### **January 2018**

<b>Date:</b>	<b>Event:</b>	<b>Time:</b>	<b>Where: Room Location</b>
Jan 2-3	Maintain Not Gain Post-holiday Weigh-in	All day	HR Conference Room County Building