



2017 - 2018

# HEALTH AND WELLNESS CENTER AGENDA OF ACTIVITIES



**SEPTEMBER - 2017**

BACK TO SCHOOL  
WELLNESS FAIR

INTERNATIONAL DAY OF  
THE OLDER POPULATION

**OCTOBER - 2017**

FIT A THON

FIRST AID TRAINING

**NOVEMBER - 2017**

MOVEMBER

LUNG CANCER AWARENESS

**DECEMBER - 2017**

WORLD AIDS DAY

HEALTHY HOLIDAYS

**JANUARY - 2018**

CERVICAL CANCER  
AWARENESS MONTH

FIRST AID TRAINING

**FEBRUARY - 2018**

WORLD CANCER DAY

BRING YOGA TO YOUR  
DESK WORKSHOP

**MARCH - 2018**

NUTRITION MONTH

INTERNATIONAL  
WOMEN'S DAY

**APRIL - 2018**

WELLNESS FAIR

WORLD DAY FOR SAFETY  
AND HEALTH AT WORK

**MAY - 2018**

INTERNATIONAL NURSES DAY

WORLD NO TOBACCO DAY

**JUNE - 2018**

FIRST AID TRAINING



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