

Wired for Wellness 2017



JANUARY: A Month of Activities
 JANUARY 3rd: Blood Drive—FREE long-sleeved t-shirt
 FEBRUARY 5th: Go **RED** for Women—American Heart Assoc.
 MARCH: Painting Party—Stress Reduction



APRIL: Bunny Hop 5K
 APRIL: Bio-metric Health Assessments
 MAY 6th: Autism Awareness 5k—West Bend
 JUNE 3rd: Walk Wisconsin—Stevens Point



Blood Drive!

JULY: Blood Drive
 JULY: Firecracker 5k
 JULY: Essential Oils Class
 AUGUST: Healthy Cooking Class
 SEPTEMBER 23rd: Mel's Run/Walk 5k—Cedarburg
 SEPTEMBER: Flu Shots



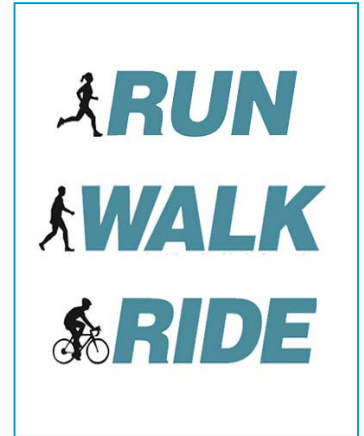
OCTOBER: Blood Drive
 OCTOBER: Breast Cancer Awareness
 NOVEMBER: Turkey Trot 5K
 THANKSGIVING-NEW YEAR'S: Maintain Don't Gain



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2017 Run, Walk or Ride Events

- \$15.00 paid towards registrations fee of:
 - You choose the event—1 per year
 - Submit receipt to Human Resources
 - Autism Awareness Run/Walk—May 6, 2017
 - Group Registration
 - Mel's Fun Run/Walk—September 23, 2017
 - Group Registration



Threshold 5k Events:

- *Threshold BUNNY HOP—April*
- *Threshold FIRECRACKER—July*
- *Threshold TURKEY TROT—November*

ALL Staff are eligible for these external events—three (3) event maximum.

2017 Wellness Team

Casie Meyers

Diane Schacht

Billy Hurst

John Bloor

Patti Barnes

Kelly Kratz

Sue Verhoven

Beth Ahlgren