


Attitude of Gratitude: JULY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Wear Red, White & Blue to celebrate Independence day!	2
3	4 4th of July Wear Red, White & Blue to celebrate Independence day!	5 Candy & Cake Ice Cream Truck coming to Hoover & Watseka Grati-Tuesday- Write a thank you to a co-worker & upload to the connections!	6 Candy & Cake Ice Cream Truck coming to Meadowview & Women's Health Fast Break: Complete the activity and upload a completed picture to the connection!	7 Candy & Cake Ice Cream Truck coming to Coal City & Wilmington WIM Virtual Mindful Movements 12:30 PM	8 Candy & Cake Ice Cream Truck coming to Kankakee Senior Life	9
10	11 Connection Self Care Tips WIM Virtual Mindful Movements 4 PM	12 Candy & Cake Ice Cream Truck coming to Manteno & Peotone Grati-Tuesday- Write a thank you to a co-worker & upload to the connections!	13 Fast Break: Complete the activity and upload a completed picture to the connection!	14 Candy & Cake Ice Cream Truck coming to Momenca & Pembroke	15 Candy & Cake Ice Cream Truck coming to RMC WIM Virtual Mindful Movements 8 AM	16
17	18 Connection Self Care Tips	19 Candy & Cake Ice Cream Truck coming to Frankfort & Monee WIM Virtual Mindful Movements 11 AM	20 Fast Break: Complete the activity and upload a completed picture to the connection! Candy & Cake Ice Cream Truck coming to Atrium & East Court	21 WIM Virtual Mindful Movements 4 PM	22 WIM Rounding with the Mobile Wellness Wagon at the Hoover Building, Miller Healthcare, Westwood the 401 Building	23
24	25 Connection Self Care Tips WIM Virtual Mindful Movements 12 PM	26 Grati-Tuesday- Write a thank you to a co-worker & upload to the connections!	27 Fast Break: Complete the activity and upload a completed picture to the connection!	28 Candy & Cake Ice Cream Truck coming to Bourbonnais Campus, Bourbonnais Senior Life, RHFC WIM Virtual Mindful Movements 11:30 AM	29 	30
31						