

# Attitude of Gratitude:

# AUGUST

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Connection Self Care Tips  WIM Virtual Mindful Movements 9:30 AM	2 Grati-Tuesday- Write a thank you to a co-worker & upload to the connections!	3 Fast Break: Complete the activity and upload a completed picture to the connection!	4 WIM Virtual Mindful Movements 3:30PM	5 Wear your Riverside Logo wear to show your support!	6
7	8 Connection Self Care Tips	9 Grati-Tuesday- Write a thank you to a co-worker & upload to the connections!  WIM Virtual Mindful Movements 9 AM	10 Fast Break: Complete the activity and upload a completed picture to the connection!	11	12 WIM Virtual Mindful Movements 1 PM	13
14	15 Attitude of Gratitude- REACH Challenge Begins Connection Self Care Tips  WIM Virtual Mindful Movements 11 AM	16 Grati-Tuesday- Write a thank you to a co-worker & upload to the connections!	17 Fast Break: Complete the activity and upload a completed picture to the connection!	18 WIM Virtual Mindful Movements 12 PM	19 WIM Rounding with the Mobile Wellness Wagon at Wilmington, Coal City & Manteno	20
21	22 Connection Self Care Tips	23 Grati-Tuesday- Write a thank you to a co-worker & upload to the connections!  WIM Virtual Mindful Movements 9 AM	24 Fast Break: Complete the activity and upload a completed picture to the connection!	25 WIM Virtual Mindful Movements 12:30 PM	26 Submit your back to school photos of your family to the connections Attitude of Gratitude section!	27
28	29 Connection Self Care Tips  WIM Virtual Mindful Movements 4 PM	30 Grati-Tuesday- Write a thank you to a co-worker & upload to the connections!  WIM Virtual Mindful Movements 9 AM	31 Fast Break: Complete the activity and upload a completed picture to the connection!			