

Attitude of Gratitude: SEPTEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 WIM Animal Ambassador Rounding	2	3
4	5 <i>Labor Day Holiday</i>	6 Taco El Guadalajara comes to <u>Watseka</u> Grati-Tuesday Write a thank you to a co-worker & upload to The Connection WIM Virtual Mindful Movements 12 PM	7 Taco El Guadalajara comes to <u>East Court & Meadowview</u> Fast Break: Complete the activity and upload a completed picture to The Connection!	8 In honor of "Happy Cat Month" we invite you to share pictures of your cats on The Connection!	9 Taco El Guadalajara comes to <u>Momence & Pembroke</u> WIM Animal Ambassador Rounding WIM Virtual Mindful Movements 12 PM	10
11	12 Connection Self Care Tips WIM Animal Ambassador Rounding WIM Virtual Mindful Movements 4 PM	13 Taco El Guadalajara comes to Coal City & Wilmington Grati-Tuesday Write a thank you to a co-worker & upload to The Connection!	14 Fast Break: Complete the activity and upload a completed picture to The Connection! WIM Rounding with the Mobile Wellness Wagon at <u>Frankfort, Monee, Cancer Center, Fitness Center, & Women's Health</u>	15 Taco El Guadalajara comes to <u>Frankfort & Monee</u> WIM Virtual Mindful Movements 4PM	16 Wear your Riverside Logo wear to show your support!	17
18	19 Connection Self Care Tips WIM Animal Ambassador Rounding	20 Taco El Guadalajara comes to RMC Grati-Tuesday Write a thank you to a co-worker & upload to The Connection WIM Virtual Mindful Movements 10AM	21 Taco El Guadalajara comes to <u>Hoover & Women's Health</u> Fast Break: Complete the activity and upload a completed picture to The Connection!	22 Taco El Guadalajara comes to <u>Senior Life Kankakee</u> Wear your Riverside Logo wear to show your support!	23 Taco El Guadalajara comes to <u>Bourbonnais Campus, Bourbonnais Senior Life, & RHFC</u> WIM Virtual Mindful Movements 1 PM	24
25	26 Connection Self Care Tips Taco El Guadalajara comes to the <u>Atrium</u> WIM Virtual Mindful Movements 11 AM	27 Grati-Tuesday Write a thank you to a co-worker & upload to The Connection! WIM Animal Ambassador Rounding	28 Fast Break: Complete the activity and upload a completed picture to The Connection!	29 Taco El Guadalajara comes to <u>Manteno & Peotone</u>	30	
						
<p>Sign up for Virtual Mindful Movement with Well In Mind: https://attendeegotowebinar.com/rt/515741742415820816</p>						