

Allitude of Gratitude: April

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Liberty Tax offering 25% off to all Riverside Employees for 2022 Tax Preparation	2 Laugh for a Cause Event- 7 pm at Knights of Columbus Riverside donated Tickets for some lucky Riverside Employees
3	4 Connection Self Care Tips	Well in Mind Rounds with Employee Wellness Wagon at Main Campus Grati-Tuesday- Write a thank you to a co-worker & upload to the connections! WIM Virtual Mindful Movements 9 AM	6 Fast Break: Complete the activity and upload a completed picture to the connection!	7 Wellness Wagon Rounding at Main Campus	Support our Patient Access Workers by wearing Riverside Logo wear: Upload a picture of your team to the connections!	9
10	11 Connection Self Care Tips WIM Virtual Mindful Movements 11 AM	12 Well in Mind Rounds with Employee Wellness Wagon at Main Campus Grati-Tuesday- Write a thank you to a co-worker	Fast Break: Complete the activity and upload a completed picture to the connection! WIM Mobile Wellness	14 Wellness Wagon Rounding at Main Campus	15 WIM Virtual Mindful Movements 2 PM	16
17	18 Connection Self Care Tips	connections! 19 Grati-Tuesday- Write a thank you to a co-worker & upload	Momence & Pembroke 20 Fast Break: Complete the activity and upload a	21 Wellness Wagon Rounding at Main	22 Submit a picture of your Family Traditions	23
	offering 25% off to all Riverside Employees for 2022 Tax Preparation	WIM Virtual Mindful Movements 9 AM Treemendous Dinner 5-8 PM (Invite Only)	connection!	Campus WIM Virtual Mindful Movements 3:30 PM	connection	
24	25 Connection Self Care Tips WIM Virtual Mindful Movements 9 AM	26 Well in Mind Rounds with Employee Wellness Wagon at Main Campus Grati-Tuesday- Write a thank you to a co- worker & upload to the connections!	Fast Break: Complete the activity and upload a completed picture to the connection!	28 Wellness Wagon Rounding at Main Campus	29 WIM Virtual Mindful Movements 1 PM	30
	3	3 4 Connection Self Care Tips 10 11 Connection Self Care Tips WIM Virtual Mindful Movements 11 AM 17 18 Connection Self Care Tips Last day for Liberty Tax offering 25% off to all Riverside Employees for 2022 Tax Preparation 24 25 Connection Self Care Tips WIM Virtual Mindful	3 4 Connection Self Care Tips Tonnection Self Care Tips Well in Mind Rounds with Employee Wellness Wagon at Main Campus Grati-Tuesday- Write a thank you to a co-worker & upload to the connections! 10 11 Connection Self Care Tips Will in Mind Rounds with Employee Wellness Wagon at Main Campus Grati-Tuesday- Write a thank you to a co-worker & upload to the connections! 17 18 Connection Self Care Tips Last day for Liberty Tax offering 25% off to all Riverside Employees for 2022 Tax Preparation 18 25 Connection Self Care Tips Will Virtual Mindful Movements 9 AM Treemendous Dinner 5-8 PM (Invite Only) 24 25 Connection Self Care Tips Will in Mind Rounds with Employee Wellness Wagon at Main Campus Grati-Tuesday- Write a thank you to a co-worker & upload to the connections! 26 Well in Mind Rounds With Employee Wellness Wagon at Main Campus Grati-Tuesday- Write a thank you to a co-worker & upload to the connections!	4 Semployee Wellness Wagon at Main Campus Grati-Tuesday-Write a thank you to a co-worker & upload to the connection Self Care Tips Will in Mind Rounds with Employee Wellness Wagon at Main Campus Grati-Tuesday-Write a thank you to a co-worker & upload to the connection! 10 11 12 Well in Mind Rounds with Employee Wellness Wagon at Main Campus Grati-Tuesday-Write a thank you to a co-worker & upload to the connections! WIM Virtual Mindful Movements 11 AM Semployee Wellness Wagon at Main Campus Owners (a upload to the connections). 17 18 Connection Self Care Tips Care Tips Connection Self Care Tips Unit on a co-worker & upload to the connections! 18 Connection Self Care Tips Owners (a upload to the connections). 19 Grati-Tuesday-Write a thank you to a co-worker & upload to the connections! 20 Fast Break: Complete the activity and upload a completed picture to the connections. Will Mindful Movements 9 AM Treemendous Dinner 5-8 PM (Invite Only). 24 25 26 Well in Mind Rounds with Employee Wellness Wagon at Main Campus Will Will Wirtual Mindful Movements 9 AM Treemendous Dinner 5-8 PM (Invite Only). 25 26 Well in Mind Rounds with Employee Wellness Wagon at Main Campus Will Wirtual Mindful Movements 9 AM Treemendous Dinner 5-8 PM (Invite Only). 26 27 Fast Break: Complete the activity and upload a completed picture to the connection! 27 Fast Break: Complete the activity and upload a completed picture to the connection! 28 27 Well in Mind Rounds with Employee Wellness Wagon at Main Campus Will Wirtual Mindful Worker & upload to the worker & upload to the connection!	3 4 5 Well in Mind Rounds with Employee Wellness Wagon at Main Campus Graft-Tuesday-Write a thank you to a co-worker & upload to the connection! 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