

# Attitude 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	5 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	8 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 & upload to the connections!	13 Fast Break: Complete the activity and upload a completed picture to the connection!  WIM Mobile Wellness Wagon goes to Watseka, Momenca & Pembroke	14 Wellness Wagon Rounding at Main Campus	15 WIM Virtual Mindful Movements 2 PM	16
17	18 Connection Self Care Tips  Last day for Liberty Tax offering 25% off to all Riverside Employees for 2022 Tax Preparation	19 Grati-Tuesday- Write a thank you to a co-worker & upload to the connections!  WIM Virtual Mindful Movements 9 AM  Tremendous Dinner 5-8 PM (Invite Only)	20 Fast Break: Complete the activity and upload a completed picture to the connection!	21 Wellness Wagon Rounding at Main Campus  WIM Virtual Mindful Movements 3:30 PM	22 Submit a picture of your Family Traditions at Easter to the connection	23
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!	27 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