


# ATTITUDE OF GRATITUDE:

# JUNE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Fast Break: Complete the activity and upload a completed picture to the connection!	2 Wellness Wagon Rounding at Main Campus	3 Submit a picture to the connection of you participating in National Bicycle Day by taking a spin for some exercise!	4
5	6 Connection Self Care Tips	7 Grati-Tuesday- Write a thank you to a co-worker & upload to the connections!  WIM Virtual Mindful Movements 11 AM	8 Fast Break: Complete the activity and upload a completed picture to the connection!	9 Wellness Wagon Rounding at Main Campus	10 Submit a picture to the connection of you and/or your family participating in a nature hike!  WIM Virtual Mindful Movements 12 PM	11
12	13 Connection Self Care Tips  WIM Virtual Mindful Movements 9:30 AM	14 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!	15 Fast Break: Complete the activity and upload a completed picture to the connection!	16 WIM Rounding with the Mobile Wellness Wagon at the Atrium & Women's Health  WIM Virtual Mindful Movements 3:30 PM	17 Submit a picture to the connection of you participating in National Eat your Veggies Day by trying some new veggies!	18
19	20 Connection Self Care Tips	21 WIM Virtual Mindful Movements 9 AM  Grati-Tuesday- Write a thank you to a co-worker & upload to the connections!	22 Fast Break: Complete the activity and upload a completed picture to the connection!	23 Wellness Wagon Rounding at Main Campus	24 Submit a picture of your family on Father's Day to the connection! WIM Virtual Mindful Movements 11:30 AM	25
26	27 Connection Self Care Tips  WIM Virtual Mindful Movements 9:30 AM	28 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!	29 Fast Break: Complete the activity and upload a completed picture to the connection!	30 Wellness Wagon Rounding at Main Campus  WIM Virtual Mindful Movements 1 PM		

Sign up for Virtual Mindful Movement with Well In Mind:  
<https://attendee.gotowebinar.com/rt/515741742415820816>