

Attitude of Gratitude: MARCH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Well in Mind Rounds with Employee Wellness Wagon at Main Campus	2	3 Wellness Wagon Rounding at Main Campus	4 WIM Virtual Mindful Movements 12 PM	5
6	7 Connection Self Care Tips	8 Well in Mind Rounds with Employee Wellness Wagon at Main Campus WIM Virtual Mindful Movements 9 AM	9 Submit a picture of something or someone that you appreciate with a short explanation to the connections	10 Wellness Wagon Rounding at Main Campus Night Shift Coffee Cart Rounding at the Hospital Well in Mind Rounds with Wellness Wagon at Frankfort, Monee, Fitness Center, Diabetes Center, Cancer Center & Meadowview	11 Wear your favorite Basketball Team Gear in honor of March Madness Month	12 Riverside Heart Ball Event Attitude of Gratitude was able to offer an invitation to select Employees
13	14 Connection Self Care Tips WIM Virtual Mindful Movements 11 AM	15 Well in Mind Rounds with Employee Wellness Wagon at Main Campus	16 Submit a picture of something or someone that you are Grateful for with short detailed explanation to the connection	17 Wellness Wagon Rounding at Main Campus WIM Virtual Mindful Movements 3:30 PM Submit Team Photos of Wearing Green for St Patrick's Day	18 Certified Nurses Brunch Refer to Email Invitations for Details	19
20	21 Connection Self Care Tips WIM Virtual Mindful Movements 12PM	22 Well in Mind Rounds with Employee Wellness Wagon at Main Campus	23 Submit a picture of something or someone that that is showing kindness with a short explanation to the connection	24 Wellness Wagon Rounding at Main Campus	25 WIM Virtual Mindful Movements 9:30 AM	26
27	28 Connection Self Care Tips WIM Virtual Mindful Movements 11AM	29 Well in Mind Rounds with Employee Wellness Wagon at Main Campus	30 Submit a picture of something or someone that you are thankful for with a short explanation to the connection	31 Wellness Wagon Rounding at Main Campus Night Shift Coffee Rounding at the Hospital WIM Virtual Mindful Movements 3:30 PM		