

Attitude of  
Gratitude:

# February

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Well in Mind Rounds with Employee Wellness Wagon at Main Campus	2 Animal Ambassadors Rounding at Main Campus	3 Virtual Yoga 2 PM	4 National Wear Red Day Hopes to bring awareness to Cardiovascular Disease and Stroke	5
6	7 Virtual Yoga 10:30 AM Connection Self Care Tips	8 Well in Mind Rounds with Employee Wellness Wagon at Main Campus	9 Virtual Yoga 8:30 AM	10 Heart Care Fair 11 AM -1 PM ABC Rooms by Cafeteria Wellness Wagon Rounding at Main Campus	11 Wear your favorite Football Team Gear for Super Bowl 2022	12
13	14 Connection Self Care Tips	15 Virtual Yoga 9 AM Well in Mind Rounds with Employee Wellness Wagon at Main Campus	16	17 Virtual Yoga 12 PM Wellness Wagon Rounding at Main Campus	18	19
20	21 Connection Self Care Tips	22 Well in Mind Rounds with Employee Wellness Wagon at Main Campus	23 Virtual Yoga 1 PM	24 Wellness Wagon Rounding at Main Campus	25 Virtual Yoga 10 AM	26
27	28 Virtual Yoga 9 AM Connection Self Care Tips					