

Attitude of Gratitude: JANUARY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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2	3 <ul style="list-style-type: none"> Virtual Yoga 8 AM Connection Self Care Tips 	4 <ul style="list-style-type: none"> Well in Mind Rounds with Employee Wellness Wagon at Main Campus 	5 Riverside Board Chairman Harry Bond & His Wife Debbie, Are Partnering With Monica's To Show Their Gratitude For Riverside Staff With The Donation Of A One-Topping Personal Pizza For Each Staff Member Volunteer Services Will Start Dispersing	6 <ul style="list-style-type: none"> Attitude of Gratitude Photo Challenge "How do you maintain your New Years Resolution?" Virtual Yoga 11 AM 	7 <ul style="list-style-type: none"> "Cheers to Peers" Recognize your outstanding Peers in the Employee Self Service Portal Award & Recognition Section 	8
9	10 <ul style="list-style-type: none"> Connection Self Care Tips Virtual Yoga 4 PM 	11 <ul style="list-style-type: none"> Well in Mind Rounds with Employee Wellness Wagon at KCC, the Atrium, and Women's Health 	12	13 <ul style="list-style-type: none"> Virtual Yoga 9 AM 	14 <ul style="list-style-type: none"> "Cheers to Peers" Recognize your outstanding Peers in the Employee Self Service Portal Award & Recognition Section 	15
16	17 <ul style="list-style-type: none"> Connection Self Care Tips 	18 <ul style="list-style-type: none"> Virtual Yoga 12 PM Well in Mind Rounds with Employee Wellness Wagon at Main Campus 	19	20 <ul style="list-style-type: none"> Attitude of Gratitude Photo Challenge ""Family Snowman Picture or Winter Scene" 	21 <ul style="list-style-type: none"> "Cheers to Peers" Recognize your outstanding Peers in the Employee Self Service Portal Award & Recognition Section Virtual Yoga 11 AM 	22
23	24 <ul style="list-style-type: none"> Connection Self Care Tips Virtual Yoga 11:30 AM 	25 <ul style="list-style-type: none"> Well in Mind Rounds with Employee Wellness Wagon at Main Campus 	26	27 <ul style="list-style-type: none"> Virtual Yoga 4 PM 	28 <ul style="list-style-type: none"> "Cheers to Peers" Recognize your outstanding Peers in the Employee Self Service Portal Award & Recognition Section 	29
30	31 <ul style="list-style-type: none"> Virtual Yoga 1 PM Connection Self Care Tips 					