## EMPLOYEE WELLNESS CALENDAR 2019-2020

**AUGUST**
- National Immunization
  - School Year Begins for Students

**SEPTEMBER**
- Healthy Aging
  - Fitness Classes Begin

**OCTOBER**
- Breast Cancer Awareness
  - Healthy Selfie Challenge Begins
  - Tucson Unified Health Fair
  - MOM & Flu Shots

**NOVEMBER**
- Diabetes Awareness
  - Healthy Selfie Challenge

**DECEMBER**
- Stress Awareness
  - Healthy Selfie Challenge Ends

**JANUARY**
- Thyroid Awareness
  - Biggest Winner Challenge – Weigh-Ins

**FEBRUARY**
- Heart Health
  - Biggest Winner Challenge Begins

**MARCH**
- Oral Health
  - Biggest Winner Challenge

**APRIL**
- Sleep and Mindfulness
  - Biggest Winner Challenge – Weigh-Outs

**MAY**
- Mental Health Awareness
  - FITGO Bingo Begins

**JUNE**
- Men’s Health
  - FITGO Bingo

**JULY**
- Sun & Skin Care
  - FITGO Bingo - Ends

Questions? Contact your Health Coach at WellnessCoaches@tusd1.onmicrosoft.com