



WORKING ON WELLNESS

2023 Calendar

Health Coaching with Wellness Coordinator Theresa Ebeling is available by appointment by email at ebelinta@kirkwoodmo.org.

health is a state of mind | wellness is a state of being



January* - Biometric Screenings & Healthiest Loser Kick-off



February* - I Take Care of my Heart Challenge



March* - Eat More Green Challenge



April & May - Healthiest Loser Ends & Spring Fling Challenge



June - New Habit 30-Day Challenge



July - Sleep 30-Day Challenge



August - Stay Hydrated 30-Day Challenge



September & October - Fall Fitness Challenge



November - Gratitude & Random Acts of Kindness 30-Day Challenge & Maintain: Don't Gain Weigh-ins



December - 12 Days of Fitness Challenge

*Asterisked months pertain to Fiscal Year (FY23) 2022/2023 Earned Health Day requirements.
April - December challenges apply toward Earned Health Day requirements for FY 24 (4/1/23 - 3/31/24)