

National Worksite Wellness Month Event Calendar

For details: ljl.apprhs.org

JUNE 2023



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
4 Watch your favorite movie Sit down with popcorn or leave it on the background	5 Meatless Monday ARHS cafeterias will have options available to help you meet this daily goal of no meat	6 It's Yo-Yo Day! Have some fun & play! See who has a secret-hidden yo-yo talent.	7 Share a meal with a new coworker or someone in a different department. Invite them to join you for lunch or dinner	1 Global Running Day Meet us at 5:30 pm: CMH SLOOP Sign or WMC Schaefer Tower Courtyard (side of building)	2 Make a work appropriate playlist Come up with a "soundtrack" for your team	3 Think about your 3 favorite books Make a departmental reading list
11 Closet Clean-Out Donate to a local organization or have a clothes swap with your team	12 Start a puzzle in break room Let different shifts work on it over a few days.	13 Take 10 secs to tidy common areas Throw away trash, wipe down tables, or put items back in their place.	14 Draw your pet or favorite animal Display everyone's drawings like a museum exhibit. Include title, artist, and medium	8 Find someone with position knowledge Ask them one thing they wish they knew earlier in their career	9 Send your colleagues a funny (but appropriate) work meme to celebrate Friday!	10 Find a healthy snack for you to keep at your workspace Add it to your grocery list
18 It's Fathers Day! Relax and spend time with family. Thank all of the deserving Dads or father figures in your life.	19 Take time to educate yourself about Juneteenth Article linked in email.	20 Last Day of Spring! Get Ready for Summer Celebrate by taking a walk outside.	21 Mid-Week Meditation Register and join us for an early morning or afternoon virtual meditation	15 Eat lunch away from your workspace Grab a table outside or in the dining room.	16 Come visit the on-site produce market today, on Fresh Veggie Day! Details in email.	17 Check out the Boonerang Music and Arts Festival in downtown Boone!
25 Wake up early and watch the sunrise Pay attention to how the morning colors compliment the blue of the mountains.	26 Start a work journal Make note after each shift of what went well and what could go better.	27 Tell your colleagues their "superpowers" Give folks their props & remind them of their talents.	28 Commit to 1 healthier choice today More water, take a walk, go to bed early, limit screentime, connect with a loved one, etc.	22 Try out the random button on Wikipedia See if you learn something new!	23 Create a gratitude jar for your team Leave pen and paper next to the jar and read submissions out loud on bad days	24 Take a hike with family or friends Don't forget to take pictures to document the memories!
				29 Reach out to an old friend Say hello and ask them to catch up.	30 Create a Summer bucket list See how many things you can finish before the first day of Fall	