Calendar for Holistic Wellness: Events-Classes-Series-Programs

JANUARY 2012

Sun	Mon	Tuesday	Wednesday	Thursday	Friday	Sat
1 *New Year's Day*	**2** *New Year's Holiday*	**3**	**4** Financial Series: *CreditAbility* Terry Edwards, WSCECU 1:00 pm – 2:00 pm @ Public Safety Center	**5**	**6**	7
8	**9**	**10** Tobacco Cessation 2 pm – 3 pm @ Employee Medical	**11** Financial Series: *Building a Basic Budget* Terry Edwards, WSCECU 1:00 pm – 2:00 pm @ Public Safety Center	**12** Mindful Eating: *The How and Why of Eating* Debra Benfield, RD 11:00 am – 12:00 N @ City Hall-Comm Rm-2nd floor	**13**	14
15	**16** *Martin Luther King, Jr Holiday*	**17** Tobacco Cessation 2 pm – 3 pm @ Employee Medical	**18** Financial Series: *Wealth Building Tools* Terry Edwards, WSCECU 1:00 pm – 2:00 pm @ Public Safety Center	**19**	**20** Mindful Eating: *When to Say When* Debra Benfield, RD 11:00 am – 12:00 N @ City Hall-Comm Rm-2nd	21
22	**23**	**24** Tobacco Cessation 2 pm – 3 pm @ Employee Medical	**25** Financial Series: *Identity Theft* Terry Edwards, WSCECU 1:00 pm – 2:00 pm @ Public Safety Center	**26** Mindful Eating: *What's Eating You?* Debra Benfield, RD 11:00 am – 12:00 N @ City Hall-Comm Rm-2nd floor	**27**	28
29	**30**	**31** Tobacco Cessation 2 pm – 3pm @ Employee Medical				

To Register Call Jennifer Moore @ 727-2305 or For More Information Go to the Employee or Retiree Center Page