

*Weight Watchers at Work: Thursday 11:00 a.m.-Noon City Hall Room 103

*Abs: Monday and Thursday Noon-1:00 p.m. ACC Fitness Center

*Yoga: Thursday 5:30 p.m.-7:00 p.m. Satula Avenue Training Room

March 2008

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3 Biggest Loser Chart Due Abs	4 Wellness Screening/ Blood Draw 6:30 a.m.-11:30 a.m. Lexington Rd. PD Stress Management Lunch 'n Learn Noon-1:00 p.m. Lexington Rd. PD	5 Wellness Screening/ Blood Draw 6:30 a.m.-11:30 a.m. Dougherty Street Planning Auditorium	6 Weight Watchers Abs Yoga	7	8
9	10 Abs	11	12 Wellness Screening/ Blood Draw 6:30 a.m.-11:30 a.m. ACC Fitness Center	13 * * * Wellness Screening/ Blood Draw 6:30 a.m.-11:30 a.m. Satula Avenue Training Room	14	15
16	17 Biggest Loser Chart Due Abs	18 Colon Cancer Lunch 'n Learn Noon-1:00 p.m. Lyndon House	19	20 Weight Watchers Abs Yoga	21	22
23	24 Abs	25	26	27 Weight Watchers Abs (Last Day) Yoga (Last Day)	28	29
30	31 Biggest Loser Chart Due					

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April 2008

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3 Weight Watchers	4 Wellpoints Due for 3rd Quarter (January-March 2008)	5
6	7	8	9	10 Weight Watchers	11 Name that Wellness Program!!! Logo & Tagline Due	12
13 Biggest Loser Ends	14 Biggest Loser Final Chart Due	15	16	17 Wellness Fair 9:00 a.m.-3:00 p.m. The Classic Center Weight Watchers	18	19
20	21	22	23	24 Weight Watchers	25	26
27	28	29	30			

