

Work Well's

2017 Planning Calendar

JANUARY	FEBRUARY	MARCH
<p>10 AWC meeting: Launch of AWC Collaboratives (Dawn Cvengros will facilitate)</p> <p>MLK Jr. Day of Service</p> <p>Simplify Improving Digestion</p>	<p>14 AWC meeting: What we bring that supports employee wellbeing: Have wellness champs from Public Safety, MnDOT, MSRS, Health, Tourism, PCA, DNR, MMB etc. share a bit about their agency and how it relates to wellbeing. (Every agency brings something) (Todd Kohl will facilitate)</p> <p>National Wear Red Day Random Acts of Kindness Week American Heart Month</p> <p>Webinar: Breaking the Habit of Procrastination Internet Safety Retirement Planning</p>	<p>14 AWC meeting: Ergonomics of Laptops, Phones, Sit/Stand desks (contact ADM Safety?) (Ned Rousmaniere will facilitate)</p> <p>National Nutrition Month</p> <p>Managing Change Conflict Resolution</p>
APRIL	MAY	JUNE
<p>11 AWC meeting: • AWC recognition certificates</p> <p>Earth Day Thirty Days of Biking Alcohol Awareness Month National Minority Health Month</p> <p>Alcohol/Drug Awareness Grief and Loss</p>	<p>9 AWC meeting: Tour of SEGIP Health Solutions and Lifematters website, etc. (Dawn/Ned)</p> <p>18 State Capitol Walk/Bike</p> <p>Arthritis Awareness Month Global Employee Health & Fitness Month Mental Health Month World No Tobacco Day</p> <p>Webinar: Getting Along with your Coworkers Happiness Estate Planning</p>	<p>13 AWC meeting: “How to Run a 5K” clinic</p> <p>19-21 National Wellness Institute Men’s Health Month National Safety Month</p> <p>Reducing Anxiety Balancing Work and Family</p>

- = Agency Wellness Champions meetings (www.mn.gov/work-well)
 - = State-hosted events
 - = National observances (find toolkits for most observances at healthfinder.gov)
 - = LifeMatters EAP’s health messages (www.mn.gov/EAP)
- (Questions? Contact Work.Well@state.mn.us)

Work Well's

2017 Planning Calendar

JULY	AUGUST	SEPTEMBER
<p>11 AWC meeting:</p> <p>“How to Run a 5K” clinic</p> <p>Communication Bringing out the Best in your Life</p>	<p>8 AWC meeting:</p> <p>“How to Run a 5K” clinic</p> <p>World Breastfeeding Week</p> <p>Webinar: Teaching Children to Make Wise Decisions Stress Management Social Security Benefits</p>	<p>12 AWC meeting: Wellness Incentives: What we have and don't have, and why (Nice Ride subsidy, Bike Commuting discount, Fitness Center discounts, Trade Time of Fitness, etc.) Galen?!</p> <p>15 MN State Run@Work 5K</p> <p>11 National Day of Service & Remembrance 20 Midwest Worksite Health Promotion Conference National Women's Health & Fitness Day Healthy Aging Month</p> <p>Parenting Resilience</p>
OCTOBER	NOVEMBER	DECEMBER
<p>10 AWC meeting:</p> <p>Flu Vaccination Campaign Open Enrollment meetings</p> <p>Depression Awareness Month Health Literacy Month Mental Health Awareness Week</p> <p>Depression Flu Season</p>	<p>14 AWC meeting:</p> <p>Great American Smoke Out American Diabetes Month National Family Caregivers Month</p> <p>Webinar: Keeping Calm Under Pressure Smiling Cessation Finances</p>	<p>12 AWC meeting: • Evaluation and Planning</p> <p>Holidays Elder Care</p>

- = Agency Wellness Champions meetings (www.mn.gov/work-well)
 - = State-hosted events
 - = National observances (find toolkits for most observances at healthfinder.gov)
 - = LifeMatters EAP's health messages (www.mn.gov/EAP)
- (Questions? Contact Work.Well@state.mn.us)