

DATE	ACTIVITY & DESCRIPTION
Throughout the Year	Wellness Activities: <i>Wellness Wednesday Tips and Lunch & Learns</i>
Feb 5	Wellness: Healthy Eating Learning Session
Feb 21	“Ranger Spirit” WBB vs. Lake Superior State @ 5:30 MBB vs. Lake Superior State @ 7:30
Feb 25-28	Wellness: America Saves Week
Mar-May	Wellness: 10,000 Step a Day Challenge
Mar TBD	CAH: Dinner and a Play
Apr 3	Wellness: Health / Biometric Screenings
Apr 10 (7 pm)	Bucks Game: UW-Parkside Appreciation Day
Apr 25	Take Your Daughters/Sons to Work Day
May TBD	Wellness: Stress Reduction / Mindfulness
May 23	Faculty, Staff, and Retiree Picnic
Jun 1-30	UW-Parkside Food Drive
Jun-Aug	Wellness: Summer Walking Club
Aug 12-30	School Supply Drive for Elementary Schools in the area
Aug TBD	Brewers Game: Educators Day
Nov 1-22	UW-Parkside Food Drive
Fall 2019	UW-Parkside Bowling League

SAVE THE DATES!

- These are just a few events HR will be leading, however, there are multiple Athletic and CAH events we will be involved in.
- Details to follow with each event – including who will lead the event.
- If you are interested in participating in any of these events, send us an email at hr@uwp.edu.

We look forward to having fun in 2019. JOIN US!