

# Easterseals Wellness Calendar– July 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> <b>1st Day of the New Wellness Year</b> Visit WellRight for more info	<b>2</b>	<b>3</b>	<b>4</b> <b>Happy 4th of JULY</b> 	<b>5</b>
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
<b>29</b>	<b>30</b>	<b>31</b>	<b>August Save the dates:</b>	August 7th 12 to 3pm On-site Chair Massages Auburn St August 8th 6:30pm Cigna Elliot 5K, Veterans Park August 14th 12 to 6 Employee Blood Drive, Auburn St
With <b>July</b> being a busy vacation month we have decided to provide two links for <b>Wellness Sessions</b> on Mindfulness that you can view at your own leisure. EAP webinar- <a href="#"><b>Uncovering Unconscious Beliefs</b></a> Go to website <a href="https://coastlineeap.personaladvantage.com/"><u>https://coastlineeap.personaladvantage.com/</u></a> , Sign in using Company Username Easterseals, At the top of the page you will see Featured this month, click on Webinar, select no completion certificate, and start the webinar. <a href="#"><b>Ted Talk</b></a> by Andy Puddicombe- <a href="#"><b>All it takes is 10 Mindful Minutes</b></a>				