


Easterseals Wellness Calendar– July 2019

Monday	Tuesday	Wednesday	Thursday	Friday
1 1st Day of the New Wellness Year Visit WellRight for more info	2	3	4 Happy 4th of JULY 	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30	31	August Save the dates:	
<p>With July being a busy vacation month we have decided to provide two links for Wellness Sessions on Mindfulness that you can view at your own leisure.</p> <p>EAP webinar- Uncovering Unconscious Beliefs</p> <p>Go to website https://coastlineeap.personaladvantage.com/, 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.</p> <p>Ted Talk by Andy Puddicombe– All it takes is 10 Mindful Minutes</p>			<p>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</p>	