



HEALTH AND WELLNESS CENTER AGENDA OF ACTIVITIES 2016 - 2017

AUGUST - 16

ART THERAPY LECTURE

HEALTH AND WELLNESS FORUM

SEPTEMBER - 16

INTERNATIONAL DAY OF THE OLDER POPULATION

FIT A THON

OCTOBER - 16

YOGA AT YOUR DESK WORKSHOP

FIRST AID TRAINING

NOVEMBER - 16

WORLD DIABETES DAY

DECEMBER - 16

HEALTHY HOLIDAYS

JANUARY - 17

BE YOUR OWN DOCTOR

FEBRUARY - 17

INTEGRATIVE HEALTH CONFERENCE

WORLD CANCER DAY

MARCH - 17

NUTRITION MONTH

FOOD SAFETY AWARENESS

APRIL - 17

WELLNESS FAIR

DEPARTMENTS PLAY FOR HEALTH

MAY - 17

WORLD NO TOBACCO DAY

FIRST AID TRAINING

JUNE - 17

STRESS MANAGEMENT WORKSHOP

WELLNESS SUMMER CAMP

For more updates, check www.aubmc.org or follow AUBMC on

