

SEPTEMBER 2020

I have all I need to be successful!



**FEATURE OF THE MONTH:
HOW TO STOP NEGATIVE
THOUGHTS
INFOGRAPHIC FROM HAPPIFY**

***CLICK EVENTS FOR INFORMATION/REGISTRATION**

CHALLENGES THIS MONTH:

LOOKING FORWARD:

WALKING CHALLENGE



START SEPT 21



END OCTOBER 18

NUTRITION CHALLENGE



START OCT 26



END NOV 15

RECURRING:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEDITATION FOR BEGINNERS 4:30-5:30PM (MFB)	STREAMED FITNESS 12-12:15PM (SF)	INDOOR FITNESS ADVENTURE 5:30-6:15PM (IFA)	STREAMED FITNESS 12-12:15PM (SF)	SUNRISE YOGA 7-7:45AM (SY)
STREAMED HIIT 7:30-8:00PM (SH)	ANIMAL FLOW EVERY OTHER TUESDAY 5:30-6:15PM (AF)			

MON	TUE	WED	THU	FRI
MFB 4:30PM SH 7:30PM	1 SF 12:00PM AF 5:30PM	2 WELLNESS WEDNESDAY 12:00PM IFA 5:30PM	3 SF 12:00PM	4 SY 7:00AM
LABOR DAY 7	8 SF 12:00PM	9 IFA 5:30PM	10 SF 12:00PM	11 SY 7:00AM WORK LIFE ALIGNMENT 2:00PM
14 MFB 4:30PM SH 7:30PM	15 SF 12:00PM AF 5:30PM	16 UF EAP WEBINAR 12:00PM IFA 5:30PM	17 SF 12:00PM	18 SY 7:00AM
21 MFB 4:30PM	22 SF 12:00PM	23 IFA 5:30PM	24 SF 12:00PM	25 SY 7:00AM
28 MFB 4:30PM SH 7:30PM	29 SF 12:00PM AF 5:30PM	30 MEAL PREP 12:00PM IFA 5:30PM	SF 12:00PM	SY 7:00AM

 [CLICK HERE FOR A PRINTER FRIENDLY VERSION OF THIS CALENDAR](#)