

# January



Muncie Mini-Marathon, October 2011

## National Blood Donor Month

### Trainings

Dave Ramsey @ Financial Peace University  
Nutrition Training Series

**Events:** Book Club: Stepping Stones, Blood Drive, Mini Boot Camp, Zumba

**Challenge:** Wellness Buddies

# February



YOC 5K/1.5M Run/Walk, September 2011

## National Wise Health Consumer Month

### Trainings

Know Your Numbers  
Nutrition Labels

**Events:** Walk a Mile in My Shoes, Couch to 5K  
Training Begins

**Challenge:** Healthy Heart Challenge

# March



YOC Canoe Outing, June 2011

## National Nutrition Month

### Trainings

Eating on the Go  
Juice Bar

**Events:** Paintball Outing, Diabetes Alert Day

**Challenge:** Fruits and Veggies

# YOC WELLNESS Calendar

## 2012

January ~ June

# April



Photo submitted by Jan Oliver. Fall 2011-FPU Graduates

## National Stress Awareness Month

### Trainings

Fat: Good vs. Bad  
Iqñ Gonna Lose It! (stress mgmt.)

**Events:** Annual Table Tennis Tournament, Book Club, Cardinal Greenway 5K

**Challenge:** Spring Into Wellness

# May



Photo submitted by James and Quentin Williams

## National Physical Fitness and Sports Month

### Trainings

Gardening 101  
YOC Wellness

**Events:** Autism Walk, Median Clean Up, Mini Boot Camp

**Challenge:** Chug a Jug

# June



Photo submitted by Mary Ann Ross

## Fireworks Safety Month

### Trainings

New Years In June  
Know Your Benefits

**Events:** Canoe Outing, Continuum Picnic

**Challenge:** Wellness Bingo