

Wellness Calendar

January 2016

Date:	Event:	Time:	Where: Room Location
January 19-26	Creative Snowman Contest (see flyers for details)	All day	Anywhere
January 26	Mini break session	10:00 a.m.	HR Conference Room County Building
January 26	Mini break session	10:20 a.m.	HR Conference Room County Building
January 27	Mini break session	10:00 a.m.	EOC Sheriff's Office
January 27	Mini break session	10:20 a.m.	EOC Sheriff's Office

February 2016

Date:	Event:	Time:	Where: Room Location
February 2	RAP Session	8:30 a.m.	Commissioner's Chambers County Building
February 4	RAP Session	12:00 p.m.	EOC Sheriff's Office
February 9	Mini break session	10:00 a.m.	HR Conference Room County Building
February 9	Mini break session	10:20 a.m.	HR Conference Room County Building
February 10	Mini break session	10:00 a.m.	EOC Sheriff's Office
February 10	Mini break session	10:20 a.m.	EOC Sheriff's Office
February 16	Mini break session	10:00 a.m.	HR Conference Room County Building
February 16	Mini break session	10:20 a.m.	HR Conference Room County Building
February 18	Mini break session	10:00 a.m.	EOC Sheriff's Office
February 18	Mini break session	10:20 a.m.	EOC Sheriff's Office
February 23	Seminar: Separating Facts from Fiction (Dr. Taylor)	8:15 a.m.	Commissioner's Chambers County Building

February 25	RAP Session	12:00 p.m.	EOC Sheriff's Office
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March 2016

Date:	Event:	Time:	Where: Room Location
March 1	RAP Session	8:30 a.m.	Commissioner's Chambers County Building
March 9	Health Fair (Mandatory Biometrics, Etc.)	7:00 a.m.	Roadshed
March 10	Health Fair (Mandatory Biometrics, Etc.)	7:00 a.m.	County Building
March 15	Mini break session	10:00 a.m. & 10:20 a.m.	HR Conference Room County Building
March 16	Mini break session	10:00 a.m. & 10:20 a.m.	EOC Sheriff's Office
March 22	Mini break session	10:00 a.m. & 10:20 a.m.	HR Conference Room County Building
March 23	Mini break session	10:00 a.m. 10:20 a.m.	EOC Sheriff's Office
March 29	Seminar: Sleep Apnea (Dr. Major)	4:00 p.m.	Commissioner's Chambers County Building

April 2016

Date:	Event:	Time:	Where: Room Location
April 5	RAP Session	8:30 a.m.	Commissioner's Chambers County Building
April 6	Mini break session	10:00 a.m. & 10:20 a.m.	HR Conference Room County Building
April 7	RAP Session	12:00 p.m.	EOC Sheriff's Office
April 10	Farmer's Market Wellness Challenge Starts		
April 12	Seminar	8:30 a.m.	Commissioner's Chambers County Building
April 14	Mini break session	10:00 a.m. &	EOC

		10:20 a.m.	Sheriff's Office
April 20	Mini break session	10:00 a.m. & 10:20 a.m.	HR Conference Room County Building
April 26	Mini break session	10:00 a.m. & 10:20 a.m.	HR Conference Room County Building
April 27	Mini break session	10:00 a.m. & 10:20 a.m.	EOC Sheriff's Office
April 28	Mini break session	10:00 a.m. & 10:20 a.m.	EOC Sheriff's Office

May 2016

Date:	Event:	Time:	Where: Room Location
May 3	RAP Session	8:30 a.m.	Commissioner's Chambers County Building
May 5	RAP Session	12:00 p.m.	EOC Sheriff's Office
May 10	Mini break: Frisbee	3:30 p.m. & 3:50 p.m.	EOC (Meet here)
May 12	Mini break: Frisbee	10:00 a.m. & 10:20 a.m.	County Building – Front Lawn
May 19	Mini break: No Equipment Workout	10:00 a.m. & 10:20 a.m.	HR Conference Room County Building
May 20 RESCHEDULED	Seminar: Stress (Chuck Sharp)	9:00 a.m. – 10:00 a.m.	HR Conference Room County Building
May 24	Mini break: Healthy Food Game	10:00 a.m. & 10:20 a.m.	HR Conference Room County Building
May 26	Mini break: No Equipment Workout	3:30 p.m. & 3:50 p.m.	EOC Sheriff's Office
May 31	Mini break: Healthy Food Game	3:30 p.m. & 3:50 p.m.	EOC Sheriff's Office

June 2016

Date:	Event:	Time:	Where: Room Location
June 2	RAP Session	12:00 p.m.	EOC Sheriff's Office
June 14	Mini break: Football toss	3:30 p.m. & 3:50 p.m.	EOC (Meet here)
June 7	RAP Session	8:30 a.m.	Commissioner's Chambers County Building

June 9	Seminar: Heart Health (Amber Fritz)	9:00 a.m. – 10:00 a.m.	HR Conference Room County Building
June 14	Mini break: Football toss	10:00 a.m. & 10:20 a.m.	County Building – Front Lawn
June 16	Seminar: Stress (Chuck Sharp)	4:00 p.m. – 5:00 p.m.	HR Conference Room County Building
June 23	Mini break: Dealing with Negativity	10:00 a.m. & 10:20 a.m.	HR Conference Room County Building
June 23	Mini break: Dealing with Negativity	3:30 p.m. & 3:50 p.m.	EOC Sheriff's Office

July 2016

Date:	Event:	Time:	Where: Room Location
July 5	RAP Session	8:30 a.m.	Commissioner's Chambers County Building
July 7	RAP Session	12:00 p.m.	EOC Sheriff's Office
July 13	Mini break: Portion Distortion	10:00 a.m. & 10:20 a.m.	HR Conference Room County Building
July 20	Seminar: Mindfulness (Dr. Olpin)	3:00 p.m.	HR Conference Room County Building
July 21	Mini break: Portion Distortion	3:30 p.m.	EOC Sheriff's Office
July 27	Mini break: Game Day	10:00 a.m. & 10:20 a.m.	County Building – Front Lawn
July 28	"Skin Cancer" Seminar & Skin Screening	7:00 a.m.	Roads Dept.
July 28	"Skin Cancer" Seminar & Skin Screening	9:00 a.m.	HR Conference Room County Building

August 2016

Date:	Event:	Time:	Where: Room Location
August 2	RAP Session	8:30 a.m.	Commissioner's Chambers County Building
August 3	Seminar: Financially Fit (Jake Rushton)	9:30 a.m.	HR Conference Room
August 4	RAP Session	12:00 p.m.	EOC Sheriff's Office
August 5 (not confirmed)	Mini break session	3:30 p.m.	EOC Sheriff's Office

August 9	Seminar: Box Elder Wellness Program	10:00 a.m.	Landfill
August 9	Seminar: Box Elder Wellness Program	2:00 p.m.	Court House – Courtroom #1
August 10	Seminar: Box Elder Wellness Program	9:00 a.m.	HR Conference Room County Building
August 11 (not confirmed)	Mini break session	3:30 p.m.	EOC Sheriff's Office
August 17	Mini break: Calories in versus Calories out	10:00 a.m. & 10:20 a.m.	HR Conference Room County Building
August 31	Mini break: Topic TBD	10:00 a.m. & 10:20 a.m.	HR Conference Room County Building

September 2016

Date:	Event:	Time:	Where: Room Location
Sept 1	Seminar: Mindfulness (GBS)	9:30 a.m.	HR Conference Room County Building
Sept 1	RAP Session	12:00 p.m.	EOC Sheriff's Office
Sept 6	RAP Session	8:30 a.m.	Commissioner's Chambers County Building
Sept 12 (not confirmed)	Mini break session	3:30 p.m.	EOC Sheriff's Office
Sept 12	Mini break: Tai Chi	10:00 a.m. & 10:20 a.m.	HR Conference Room County Building
Sept 27	Seminar: Sugar	9:00 a.m.	HR Conference Room County Building
Sept 28	Mini break: Tai Chi & MSG	11:00 a.m.	EOC Sheriff's Office
Sept 26-30	Free Mammograms	M-F 8am – 5:30pm	BCCH

October 2016

Date:	Event:	Time:	Where: Room Location
Oct 4	RAP Session	8:30 a.m.	Commissioner's Chambers County Building
Oct 5	Mini break: Game Day	10:00 a.m. & 10:20 a.m.	HR Conference Room County Building
Oct 6	RAP Session	12:00 p.m.	EOC Sheriff's Office

Oct 7	Seminar: Cold and Flu (Cigna speaker)	9:00 a.m.	HR Conference Room County Building
Oct 19	Mini break: Create a Healthy Meal Game	10:00 a.m. & 10:20 a.m.	HR Conference Room County Building
Oct 20	Seminar: Breast Cancer survivor guest speaker	9:30 a.m.	HR Conference Room County Building
Oct 21	Mini break: Game Day	10:00 a.m. & 10:20 a.m.	EOC Sheriff's Office
Oct 25	Mini break: Create a Healthy Meal Game	10:00 a.m. & 10:20 a.m.	EOC Sheriff's Office

November 2016

Date:	Event:	Time:	Where: Room Location
Nov 1	RAP Session	8:30 a.m.	Commissioner's Chambers County Building
Nov 2	Open Enrollment Benefits	TBD	TBD
Nov 3	Open Enrollment Benefits	TBD	TBD
Nov 3	RAP Session	12:00 p.m.	EOC Sheriff's Office
Nov 8 (not confirmed)	Mini break session	10:00 a.m. & 10:20 a.m.	HR Conference Room County Building
Nov 10 (not confirmed)	Mini break session	3:30 p.m.	EOC Sheriff's Office
Nov 15 (not confirmed)	Mini break session	10:00 a.m. & 10:20 a.m.	HR Conference Room County Building
Nov 16 (not confirmed)	Seminar	10:00 a.m.	HR Conference Room County Building
Nov 17 (not confirmed)	Mini break session	3:30 p.m.	EOC Sheriff's Office
Nov 21-22 (not confirmed)	Maintain Not Gain Pre-holiday Weigh-in	All day	HR Conference Room County Building

December 2016

Date:	Event:	Time:	Where: Room Location
Dec 1	RAP Session	12:00 p.m.	EOC Sheriff's Office
Dec 6	RAP Session	8:30 a.m.	Commissioner's Chambers County Building

Dec 7 (not confirmed)	Mini break session	10:00 a.m. & 10:20 a.m.	HR Conference Room County Building
Dec 8	Seminar: Depression (Jason Williams)	12:00 p.m.	HR Conference Room County Building
Dec 8 (not confirmed)	Mini break session	3:30 p.m.	EOC Sheriff's Office
Dec 13 (not confirmed)	Mini break session	10:00 a.m. & 10:20 a.m.	HR Conference Room County Building
Dec 15 (not confirmed)	Mini break session	3:30 p.m.	EOC Sheriff's Office

January 2017

Date:	Event:	Time:	Where: Room Location
Jan 2-3 (not confirmed)	Maintain Not Gain Post-holiday Weigh-in	All day	HR Conference Room County Building