



Worksite Wellness Calendar 2013

January	February	March	April
<p>Theme: Fresh Start</p> <p>☺ 1. Worksite Champion/Lisa Carr — “<u>Jewelry Making</u>” (January 24 @ 4 pm) Location: Plaza Del Paso/Sequoia Room</p> <p>* LATIN DANCE FRIDAYS!! (January 4)</p>	<p>Theme: Heart Health</p> <p>☺ Worksite Champion/Marta Chavez & Judy Weber — “<u>Making Paper Roses</u>”</p> <p>🍷 Kaiser Workshop “Train-the-Trainer” (Feb 27)</p> <p>* LATIN DANCE FRIDAYS!! (February 1)</p>	<p>Theme: Nutrition</p> <p>☺ Worksite Champion/Bonnie Bilger — “<u>Non-Violent Communication</u>”</p> <p>*Kaiser Class “Resolution to Change” (March 5)</p> <p>**Fit Click Begins March 4 (8 weeks)</p> <p>* LATIN DANCE FRIDAYS!! (March 1)</p>	<p>Theme: Physical Fitness</p> <p>☺ 1. Worksite Champion/Elvina Carrington — “<u>Line Dancing</u>”</p> <p>2. Worksite Champion/Connie Myers — “<u>5K Fitness Walk—City of Galt</u>”</p> <p>🍷 *Approved Wellness Activity/Dr. Tim Nicholl — <u>Exercise Workshop: Maximized Lean Mean</u></p> <p>* NO LATIN DANCE THIS MONTH!!</p>
May	June	July	August
<p>Theme: National Blood Pressure Month</p> <p>☺ 1. Worksite Champion/Debbie Schneider & Teresita Saechao — “<u>Lean & Delicious Potluck</u>” (May 15 @ 12 pm) Location: Shasta Room</p> <p>☺ 2. Worksite Champion/Brenda Campos — “<u>Reflexology</u>” (May 29 @ 4 pm) Location: Redwood Room</p> <p>**Kaiser Thrive Across Amercia Kickoff visitations at sites: week of May 20th</p> <p>**Kaiser Thrive Across America Team Challenge Begins May 27 (8-10 weeks)</p> <p>*Susan Komen Cancer Walk May 11</p> <p>🍷 LATIN DANCE FRIDAYS!! (May 24) Location: Hillsdale Career Center (1:00 pm — 2:00 pm)</p>	<p>Theme: Men’s Health</p> <p>☺ 1. Worksite Champion/Ellen Franz & Paul Ransom — “<u>Blueberry Magic</u>” (June 20 @ 4 pm) Location: Rancho Cordova CC</p> <p>☺ 2. Worksite Champion/DeShon Brown — “<u>Body Sculpt</u>” (June 24 @ 2 pm) Location: Sequoia Room</p> <p>*Quarterly Wellness Activity/<u>Art Therapy Class “Soul Collage”</u> (June 4 @ 5:15 pm) Location: Bread of Life/650 El Camino Ave., Sac. CA 95815</p> <p>🍷 Approved Wellness Activity/Teresita Saechao — <u>Healthy Cooking Made Easy</u> (June 14, 1 pm—2 pm) Location: Hillsdale Career Center</p> <p>🍷 *Approved Wellness Activity/Dr. Tim Nicholl — <u>Toxicity Workshop</u> (June 21, 2:00 pm — 3:00 pm) Location: Plaza Del Paso/Sequoia Room</p> <p>* LATIN DANCE FRIDAYS!! (June 7) Location: Sequoia Room (12:15 pm — 12:45 pm)</p>	<p>Theme: Weight Loss</p> <p>☺ Worksite Champion Needed Location: To Be Announced</p> <p>**Buffalo Chips 4th of July 5 mile run/walk (Free/ no cost)</p> <p>**Kaiser Thrive Across America Team Challenge Ends July 23</p> <p>🍷 Approved Wellness Activity/Teresita Saechao — <u>The Low-Stress Diet</u> (July — day & time TBA) Location: South Area Head Start Center</p> <p>* NO LATIN DANCE THIS MONTH!!</p>	<p>Theme: Eye Health</p> <p>☺ Worksite Champion Needed Location: To Be Announced</p> <p>**Color Run (August 3)</p> <p>* LATIN DANCE FRIDAYS!! (August 2) Location: Sequoia Room (12:15 pm — 12:45 pm)</p>
September	October	November	December
<p>Theme: “STEPember Month”</p> <p>☺ Worksite Champion Needed Location: To Be Announced</p> <p>*Quarterly Wellness Activity (Sept 10 @ 5 pm — 6 pm) Location: Plaza Del Paso/Board Room</p> <p>🍷 Approved Wellness Activity/Teresita Saechao — <u>Get Results: With a Home Gym</u> (September — day & time TBA) Location: Galt or South Area Head Start Center</p> <p>* LATIN DANCE FRIDAYS!! (Sept 6) Location: Sequoia Room (12:15 pm — 12:45 pm)</p>	<p>Theme: Women’s Health</p> <p>☺ Worksite Champion Needed Location: To Be Announced</p> <p>* LATIN DANCE FRIDAYS!! (Oct 4) Location: Sequoia Room (12:15 pm — 12:45 pm)</p>	<p>Theme: Diabetes</p> <p>☺ Worksite Champion Needed Location: To Be Announced</p> <p>**Run To Feed The Hungry (Nov 28)</p> <p>* LATIN DANCE FRIDAYS!! (Nov 1) Location: Sequoia Room (12:15 pm — 12:45 pm)</p>	<p>Theme: Mind Body Spirit</p> <p>☺ Worksite Champion Needed Location: To Be Announced</p> <p>* NO LATIN DANCE THIS MONTH!!</p>

- ☺ Staff Engagement Activity (vacation/CTO/personal time)
- 🍷 Approved Wellness Activity (4 hours paid time annually)

Note: Calendar is subject to change

For more information about wellness events e-mail wellness@delpaso.seta.net or call Teresita Saechao at (916) 263-4362.