

2019 Wellness Challenges:

- › **January-March:** Cruise to Lose
- › **April-June:** Going the Distance
- › **July-September:** Mighty Macros Challenge
- › **October-December:** Jingle through the Holidays

Look in your monthly Risky Business Newsletter for updated information regarding all programs.

2019 Lifestyle Management Classes:

- › **January 17:** Breakfasts on the Go
- › **March 7:** Build Your Own Workout
- › **May 9:** Lunch on the Go
- › **July 11:** On the Job Workouts
- › **September 19:** Keeping Meals Fun!
- › **November 14:** Healthy Holidays



**Mark your calendars
for our Annual
Rutherford County
Employee Wellness Fair!**

**FRIDAY, OCTOBER 18
FROM 3-7 PM**

Stop by for door prizes,
giveaways, and lots of local
wellness vendors – plus flu
shots will be available.