

# 2021



# SoNM

# Health & Wellness Event Calendar

BCBS – BlueCross BlueShield  
CIG- Cigna  
PHP – Presbyterian  
WBS – Well Being Solutions

## January

[Drop In Meditation](#) – Thursdays, 12:00  
Health & Wellness Webinars – Wed 20<sup>th</sup>, 12:00 [“Break Through Barriers”](#)  
Well-Being Solutions Webinars, Life/Work – [Schedule](#)

## February

Drop In Meditation – [Thursdays, 12:00](#) (PHP)  
Health & Wellness Webinars – Wed 17<sup>th</sup>, 12:00 [“Optimize Your Heart Health”](#) (PHP)  
Well-Being Solutions Webinars, Life/Work – [Schedule](#) (WBS)  
[Dinner with a Dietitian](#) (starts anytime) (PHP)  
30-Day Wellness – [Full Wellness Boost](#) (PHP)

## March

Drop In Meditation – [Thursdays, 12:00](#) (PHP)  
[Health & Wellness Webinars](#) – Wed 17<sup>th</sup>, 12:00 [“Be In The Green \(Financial Fitness\)”](#) (PHP)  
Well-Being Solutions Webinars, Life/Work – [Schedule](#) (WBS)  
[Dinner with a Dietitian](#) (starts anytime) (PHP)  
30-Day Wellness – [Full Wellness Boost](#) (PHP)  
[Weight Loss Challenge! March 22<sup>th</sup>](#) (BCBS)

## April

Drop In Meditation – [Thursdays, 12:00](#) (PHP)  
Health & Wellness Webinars – Wed 21<sup>st</sup>, 12:00 [“Gut Health-Optimizing GI Health for Wellness”](#) (PHP)  
Well-Being Solutions Webinars, Life/Work – [Schedule](#) (WBS)  
[Dinner with a Dietitian](#) (starts anytime) (PHP)  
30-Day Wellness – [Full Wellness Boost](#) (PHP)

## May

Drop In Meditation – [Thursdays, 12:00](#) (PHP)  
Health & Wellness Webinars – Wed 19<sup>st</sup>, 12:00 [“Mindfulness Based Stress Reduction”](#) (PHP)  
Well-Being Solutions Webinars, Life/Work – [Schedule](#) (WBS)  
[Dinner with a Dietitian](#) (starts anytime) (PHP)  
30-Day Wellness – [Full Wellness Boost](#) (PHP)  
[Kitchen Confidence](#) (starts anytime) (PHP)

## June

Health & Wellness Webinars – Wed 16<sup>st</sup>, 12:00 [“Pack a Health Lunch for Wellness”](#) (PHP)  
Well-Being Solutions Webinars, Life/Work – [Schedule](#) (WBS)  
[Dinner with a Dietitian](#) (starts anytime) (PHP)  
30-Day Wellness – [Full Wellness Boost](#) (PHP)  
[Kitchen Confidence](#) (starts anytime) (PHP)  
[Walking Challenge! – Date TBA](#) (BCBS)

## July

[Health & Wellness Webinars](#) – Wed 21<sup>st</sup>, 12:00 (PHP)  
Well-Being Solutions Webinars, Life/Work – [Schedule](#) (WBS)  
[Dinner with a Dietitian](#) (starts anytime) (PHP)  
30-Day Wellness – [Full Wellness Boost](#) (PHP)  
[Kitchen Confidence](#) (starts anytime) (PHP)

## August

[Health & Wellness Webinars](#) – Wed 18<sup>th</sup>, 12:00 (PHP)  
Well-Being Solutions Webinars, Life/Work – [Schedule](#) (WBS)  
[Dinner with a Dietitian](#) (starts anytime) (PHP)  
30-Day Wellness – [Full Wellness Boost](#) (PHP)  
[Kitchen Confidence](#) (starts anytime) (PHP)

## September

[Health & Wellness Webinars](#) – Wed 15<sup>th</sup>, 12:00 (PHP)  
Well-Being Solutions Webinars, Life/Work – [Schedule](#) (WBS)  
[Dinner with a Dietitian](#) (starts anytime) (PHP)  
30-Day Wellness – [Full Wellness Boost](#) (PHP)  
[Kitchen Confidence](#) (starts anytime) (PHP)  
[Walking Challenge! – Date TBA](#)

## October

[Health & Wellness Webinars](#) – Wed 20<sup>th</sup>, 12:00 (PHP)  
Well-Being Solutions Webinars, Life/Work – [Schedule](#) (WBS)  
[Dinner with a Dietitian](#) (starts anytime) (PHP)  
30-Day Wellness – [Full Wellness Boost](#) (PHP)  
[Kitchen Confidence](#) (starts anytime) (PHP)

## November

[Health & Wellness Webinars](#) – Wed 17<sup>th</sup>, 12:00 (PHP)  
Well-Being Solutions Webinars, Life/Work – [Schedule](#) (WBS)  
[Dinner with a Dietitian](#) (starts anytime) (PHP)  
30-Day Wellness – [Full Wellness Boost](#) (PHP)  
[Kitchen Confidence](#) (starts anytime) (PHP)

## December

[Health & Wellness Webinars](#) – Wed 25<sup>th</sup>, 12:00 (PHP)  
Well-Being Solutions Webinars, Life/Work – [Schedule](#) (WBS)  
[Dinner with a Dietitian](#) (starts anytime) (PHP)  
30-Day Wellness – [Full Wellness Boost](#) (PHP)  
[Kitchen Confidence](#) (starts anytime) (PHP)