

## Dauphin County Government 2009 Wellness Calendar

4/8/2009

	January	February	March	April	May	June	July	August	September	October	November	December
Programs						10 in 10	10 in 10 10 wks	10 in 10	Wellness Fair		Tis the Season	Tis the Season
		Lifestyle Returns	Lifestyle Returns	Lifestyle Returns	Lifestyle Returns	Lifestyle Returns	Lifestyle Returns	Lifestyle Returns	Lifestyle Returns	Lifestyle Returns		End of the Year Drawing
		Weight Watchers	Weight Watchers	Weight Watchers	Weight Watchers	Weight Watchers	Weight Watchers					
	Smoking Cessation	Smoking Cessation	Smoking Cessation	Smoking Cessation	Smoking Cessation	Smoking Cessation	Smoking Cessation	Smoking Cessation	Smoking Cessation	Smoking Cessation	Smoking Cessation	Smoking Cessation
		Discover Relaxation Within I 6wks	Discover Relaxation Within I	Move to the Music	Move to the Music	Move to the Music	Color Your Plate 6 wks	Color Your Plate 6 wks			Discover Relaxation Within II 6 wks	Discover Relaxation Within II
	Personal Nutrition			Personal Nutrition					Personal Nutrition		Personal Nutrition	
	Massages	Massages	Massages	Massages	Massages	Massages	Massages	Massages	Massages	Massages	Massages	Massages
	Blood Drive				Blood Drive			Blood Drive			Blood Drive	
Promotion	Blood Drive			Blood Drive			Blood Drive			Blood Drive		

### Programs with timelines

### Coordinator

<b>Move to the Music</b> - April to June	Kelly
<b>10 in 10</b> - tentative - June to 2nd wk of	Bonnie
<b>Weight Watchers</b> - 1st session Feb to 1st wk in June	Melissa
<b>Discover Relaxation Within I</b> - 6 wks	Matt
<b>Discover Relaxation Within II</b> - 6 wks	Matt
<b>Personal Nutrition</b> - All year	Jena
<b>Massages</b> - All year	Jena
<b>Color Your Plate</b> - July to 2nd wk of August	Carolyn
<b>Blood Drives</b> - 4 times a year	Brenda
<b>Tis the Season</b> - Thanksgiving to Christmas - email program-tentative	Mark
<b>Wellness Fair</b> -	Melissa Wion
<b>Smoking Cessation</b> -	Jena
<b>PR/Newsletter</b>	Kelly

Top Health Issues from last HRA Screenings

1. Nutrition
2. Cancer
3. Weight Management
4. Fitness

Top Health Issues from Surveys

1. Weight Management
2. Stress
3. Gas Savings