

# Town of Davidson Wellness Calendar

## JULY

JULY 28 & 30  
5:30AM-1PM  
ONSITE BLOOD  
DRAW

## AUGUST

AUGUST 5TH @ 12PM  
GUIDED MEDITATION  
—————  
AUGUST 19TH @ 5PM  
ONSITE WORKOUT @  
STATION #1

## SEPT

SEPT 7TH-13TH  
QUARTER 1 HEALTH  
COACHING  
—————  
SEPT 2ND @ 12PM  
GUIDED MEDITATION  
—————  
SEPT 16TH @ 5PM  
ONSITE WORKOUT  
STATION #2

## OCT

OCTOBER 7TH @  
12PM  
GUIDED MEDITATION  
—————  
OCTOBER 21ST @ 5PM  
ONSITE WORKOUT @  
STATION #1

## NOV

NOVEMBER 4TH @  
12PM  
GUIDED MEDITATION  
—————  
NOVEMBER 18TH @ 5PM  
ONSITE WORKOUT @  
STATION #2

## DEC

DECEMBER 2ND @  
12PM  
GUIDED MEDITATION  
—————  
DEC 1ST-10TH  
QUARTER 2 HEALTH  
COACHING

## JAN

JANUARY 6TH @ 12PM  
GUIDED MEDITATION  
—————  
JAN 20TH @ 12PM  
HEALTHY SNACK +  
GRANOLA BAR MAKING  
SEMINAR

## FEB

FEBRUARY 3RD @  
12PM  
GUIDED MEDITATION  
—————  
FEBRUARY 17TH @ 5PM  
ONSITE WORKOUT @  
STATION #1

## MARCH

MARCH 7TH-16TH  
QUARTER 3 HEALTH  
COACHING  
—————  
MARCH 3RD @ 12PM  
GUIDED MEDITATION  
—————  
MARCH 17TH @ 5PM  
ONSITE WORKOUT  
STATION #2

## APRIL

APRIL 7TH @ 12PM  
GUIDED MEDITATION  
—————  
APRIL 21ST @ 5PM  
ONSITE WORKOUT @  
STATION #1  
—————  
EMPLOYEE WELLNESS  
DAY DATE TBD

## MAY

MAY 5TH @ 12PM  
GUIDED MEDITATION  
—————  
MAY 19TH @ 5PM  
ONSITE WORKOUT  
STATION #2  
—————  
MAY 23RD - JUNE 1  
QUARTER 4 HEALTH  
COACHING

## JUNE

JUNE 2ND @ 12PM  
GUIDED MEDITATION  
—————  
JUNE 16TH @ 5PM  
ONSITE WORKOUT @  
STATION #1

\*\*ALL GUIDED MEDITATIONS WILL TAKE PLACE IN THE BOARD ROOM

\*\*BE ON THE LOOKOUT FOR WELLNESS CHALLENGES IN SEPT AND JAN!!



The Town of  
Davidson



SWEATNET  
CHARLOTTE