



May 2016

Wellness Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
			Be Healthy Presentation Mindful Eating DSSC 203 2:45 pm	Caring for Aging Parents Webinar See Flyer for details 2 pm		
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				