




January

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 <i>New Year's Day</i>	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16 <i>Martin Luther King Day</i>	17	18	19	20	21
22	Registration for EveryMove is OPEN on the wellness portal: livewell.medikeeper.net 	24	25	26	27	28
29	Employee Email:  Ask staff what kinds of wellness activities they would like to see in the workplace.	Onsite Clinic Webinar 1:00 pm – 2:00 pm 	Monthly Observances: Cervical Health Awareness nccc-online.org Glaucoma Awareness preventblindness.org			



EveryMove Challenge: *Time to GET PHYSICAL!*

The challenge runs February 6 – March 3. It is available to ALL employees. Start off 2017 right by encouraging your employees to create a more active lifestyle. EveryMove is a great tool that can be utilized on any smartphone or desktop. You can even sync your fitness device and connect with coworkers and friends, and of course engage in a little friendly competition!

Wellness Grants: *APPLY NOW!*

Applications accepted January – April 28. The WCIF Wellness Grant Program is a great way to begin or expand on your worksite wellness activities! The program is first come, first serve so DON'T DELAY!

Onsite Clinics: *REQUEST NOW!*

Request an onsite health screening clinic January – August 31. These clinics are FREE TO YOU and is the easiest way for your employees and their spouse/domestic partner to get their health screening. Need more information? Get all your questions answered by attending the **Onsite Clinic Webinar**, April 12 from 1:00 pm – 2:00 pm.