

2018-19 Wampus Cat Staff Wellness Dates

1st Nine Weeks		Starts August 6th	Ends October 11th
August 29th		"Ask the Doc"	Auditorium
September 20th		Drawing for signing up	
September 26th		Men's Health and Women's Health	CHS Lecture Hall
October 2nd		Fall 5K/1K Run Walk	CHS Stadium/Walking Trail
October 11th		1st Nine Weeks Points End	
October		verification forms due to building reps	Ask your building rep
October 18th		1st Nine Weeks Drawings	
2nd Nine Weeks		Starts October 12th	Ends December 31st
October 18th		Wear Pink Day (breast cancer awareness)	
October 24th		Self Awareness Safety - Conway Police Dep.	CHS Lecture Hall
November 7th	4:30	10 Ways to Stay Healthy	CHS Lecture Hall
November 15th	4:30	Fall Bowling Tournament	Conway Family Bowl
December 12th	4:00	Cooking Demo/ Healthy Holiday Eating	CHS Cafeteria
December 31st		2nd Nine Weeks Points End	
January		verification forms due to building reps	Ask your building rep
January 8th		2nd Nine Weeks drawings	
3rd Nine Weeks		Starts January 1st	Ends March 15th
January 1st		3rd Nine Weeks Points Begins	
January 23rd	4:30	Dr. Jon Lee presentation	CHS Lecture Hall
January 30th	4:15	Zumba with Amy Jordan	Courtway MS
February 1st		Wear Red/Heart Healthy Day	
February 7th	4:30	Heart Healthy Tips/Dr. Deepali Tukaye Cardiologist	CHS Lecture Hall
March 5th	4:30	Volleyball Tournament/Fun Walk	Arena
March		Blue and You Challenge	building level
4th Nine Weeks		Starts March 16th	Ends May 17th
March 28th		Spring 5K/1K Run Walk	CHS PE Gym/Walking Trail
April 3rd		National Walking Day	American Heart Association
April		Presentation	TBA
April 24th		Walk @ Lunch Day	
April		Spring Bowling Tournament	Conway Family Bowl
May 17th		Bike to Work Day	
		Blue and You Challenge	building level