

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 Poilce Dep	CHS Lecture Hall
November 15th 4:30	Fall Bowling Tournament	Conway Family Bowl
November	Presentation	TBA
December	Presentation	TBA

3rd Nine Weeks	Starts January 1st	Ends March 24th
January	Presentation	TBA
February 1st	Wear Red/Heart Healthy Day	
February	Presentation	TBA
February	Volleyball Tournament	
March	Presentation	TBA
	Blue and You Challenge	

4th Nine Weeks	Starts March 25th	Ends May 17th
March 28th	Spring 5K/1K Run Walk	CHS stadium/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	