



LA CROSSE COUNTY  
EMPLOYEE  
**Wellness  
Calendar**

September



personal health  
assessment

October



personal health  
assessment

November

Weight  
Watchers



Great  
American  
Smokeout

planksgiving  
challenge



December



O' fitness tree  
challenge

January



fitness space  
open  
(HHS & admin)

February



Fitbits & step  
challenge

March

healthy  
food  
options  
promotion



fitness  
space open  
(LEC)

April

meditation  
room



stress  
management  
challenge

May



onsite  
massages

Bike to Work  
Week  
Challenge



June



assess  
tobacco-free  
campus  
feasibility

fitness space  
open  
(Hillview)



July



outdoor walking  
signs  
(Lakeview)

August



nutrition  
challenge

