

MAY 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1 LIVEWELL Managing Through Menopause Webinar Series - Session #1 - 12 Noon	2	3	4	5
6	7 WORLD ASTHMA DAY	8 LIVEWELL Managing Through Menopause Webinar Series - Session #2 - 12 Noon	9	10 RELAY FOR LIFE - National Sports Centre (NSC)	11 RELAY FOR LIFE - NSC	12 Mothers' Day
13 Healthy Habit Challenge: Device-Free Zone	14 Healthy Habit Challenge: Device-Free Zone WELLNESS PARTNER SPOTLIGHT Webinar - Open Airways - 11:30 a.m.	15 Healthy Habit Challenge: Device-Free Zone LIVEWELL Managing Through Menopause Webinar Series - Session #3 - 12 Noon	16 Healthy Habit Challenge: Device-Free Zone	17 Healthy Habit Challenge: Device-Free Zone	18 Healthy Habit Challenge: Device-Free Zone Xtreme Sports 2024	19 Healthy Habit Challenge: Device-Free Zone MOVE MORE Senior Games - NSC - 1:00 p.m.
20	21	22 LIVEWELL Managing Through Menopause Webinar Series - Session #4 - 12 Noon	23	24 Bermuda Day (Holiday) Bermuda Half Marathon Derby - 8:30 a.m.	25	26
27	28	29 WELLNESS WEDNESDAY Webinar- Livewell Program & VP Platform Demo - 11:30 a.m.	30	31 WORLD NO TOBACCO DAY		
		NOTES: Melanoma & Skin Cancer Awareness Month; Mental Health Awareness Month; Sun Smart Month Corporate Challenge: Explore the Mediterranean (April 29th - June 3rd, 2024)				