


JULY 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>1 Wellness Beat - July 2026 Edition</p> <p>Frontier Presentations @ Sheriff's Office 7AM, 8 AM, 11 AM, & 3 PM</p>	<p>2</p>	<p>3 </p>
<p>6</p>	<p>7 10 AM Diabetes Presentation @ Administration Bldg (McColl)</p> <p>8:30 AM - 3:30 PM Virtual Nutrition Consultations Availability</p>	<p>8 Monthly Wellness Campaign - 1st Flyer</p>	<p>9 9 AM Nutrition Presentation & Consultations @ County Clerk's Office</p>	<p>10 9 AM - 11 AM Virtual Benefits Consultations Availability</p>
<p>13</p>	<p>14 7:30 AM - 5 PM Precinct 2 Wellness Event @ Precinct 2 Field Operations</p>	<p>15 Winning with Wellness Wednesday</p> <p>11 AM Well-Fuel Wellness Talk @ Administration Bldg (McColl)</p>	<p>16 10 AM Webinar - Eldercare: What Every Caregiver Needs to Know</p>	<p>17 9 AM - 11 AM Virtual Benefits Consultations Availability</p>
<p>20 7 AM, 12 PM, & 5 PM Well-Fuel Wellness Talk: Health on the Move @ Sheriff's Office</p>	<p>21</p>	<p>22 Monthly Wellness Campaign - 2nd Flyer</p> <p>7:30 AM Frontier - Heat Stroke & Related Illnesses @ Precinct 2</p> <p>1:30 PM Frontier - Heat Stroke & Related Illnesses @ Admin Bldg (McColl)</p>	<p>23 1:30 PM Frontier - Heat Stroke & Related Illnesses @ Precinct 3</p> <p>3 PM Frontier Health Minute @ Precinct 4</p> <p>9 AM Nutrition Presentation & Consultations @ Precinct 2 Field Operations</p>	<p>24 11 AM Well-Fuel Wellness Talk: Health on the Move @ District Attorney's Office</p>
<p>27 5th Step It Up Challenge Begins</p>	<p>28 8:30 AM Nutrition Presentation & Consultations @ Urban County Program</p>	<p>29 Winning with Wellness Wednesday</p> <p>8:15 AM Nutrition Consultations @ Facilities Management</p> <p>10 AM Webinar: How to Give Difficult Feedback to Your Employees</p>	<p>30</p>	<p>31</p>