NOVEMBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 Wellness Beat – November 2026 Edition 7th Step It Up Challenge Begins	**3** 8:30 AM – 4:30 PM Nutrition Presentation & Consultations @ Facilities Management 1:30 AM – 4:30 PM Biometrics & Glucose Screenings @ Facilities Management	**4** Monthly Wellness Campaign – 1st Flyer	**5** 8:30 AM – 4:30 PM Nutrition Presentation & Consultations @ Facilities Management 7 AM – 11:30 PM Biometrics & Glucose Screenings @ Pct. 2 Field Operations	**6**	**7**
9 8:30 AM Wellness Talk @ Health Department	**10** Winning with Wellness Wednesday 9 AM – 4:30 PM Nutrition Presentation & Consultations @ Urban County 11 AM Well-Fuel Wellness Talk @ Admin Bldg (McColl)	**11** Happy Veterans Day	**12** 10 AM Webinar: Sugar FREEdom 9 AM – 4:30 PM Nutrition Presentation & Consultations @ Urban County	**13** 8 AM – 12 PM & 1 PM – 6 PM 5K Early Bib Pick-up	**14** 2ND ANNUAL TURKEY TROT 5K
16 7 AM – 9 AM Maintain, Don't Gain Weigh-Ins at Pct. 2 Field Operations 10 AM – 11:30 AM Maintain, Don't Gain Weigh-Ins at Precinct 2 10:30 AM – 12 PM Maintain, Don't Gain Weigh-Ins at Purchasing Department +2 More Weigh-In Locations	**17** 7 AM – 10 AM Maintain, Don't Gain Weigh-Ins at Pct. 4 Field Office 8 AM – 9:30 AM Maintain, Don't Gain Weigh-Ins at Precinct 3 10:30 AM – 11:45 AM Maintain, Don't Gain Weigh-Ins at Facilities Management +1 More Weigh-In Location	**18** Monthly Wellness Campaign – 2nd Flyer 8 AM – 11:30 AM Maintain, Don't Gain Weigh-Ins at Courthouse Annex III 1:30 PM – 4:30 PM Maintain, Don't Gain Weigh-Ins at Health Department (Main Office) +1 More Weigh-In Location	**19** 7:15 AM – 9:30 AM Maintain, Don't Gain Weigh-Ins at Drainage District 1 10:30 AM – 1:30 PM Maintain, Don't Gain Weigh-Ins at Sheriff's Office 10:30 AM – 11:30 AM Maintain, Don't Gain Weigh-Ins at Administration Bldg (McColl Location)	**20** 8 AM – 11:30 AM Maintain, Don't Gain Weigh-Ins at County Courthouse	**21**
23	**24** 9 AM – 11 AM & 2 PM – 4 PM Virtual Nutrition Consultations Availability	**25** Winning with Wellness Wednesday	**26** Happy Thanksgiving	**27**	**28**
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