

SEPTEMBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 8:30 AM – 4:30 PM Nutrition Presentation & Consultations @ Community Service Agency	2 10:30 AM, 11 AM, 3:30 PM, & 4 PM Diabetes Presentation @ Tax Office	3 9 AM – 11 AM & 2 PM – 4 PM <u>Virtual Nutrition Consultations Availability.</u>	4
7 	8 <u>Wellness Beat – September 2026 Edition</u>	9 <u>Monthly Wellness Campaign – 1st Flyer</u> 9 AM – 11 AM & 2 PM – 4 PM <u>Virtual Nutrition Consultations Availability.</u>	10 9 AM – 5 PM Nutrition Presentation & Consultations @ District Clerk's Office <u>10 AM Webinar: How to Respond Effectively to Difficult Employees</u> 3 PM Wellness Talk @ Community Service Agency	11 11 AM Wellness Talk @ Precinct 3
14 6th Step It Up Challenge Begins Sleep Apnea Screening @ Precinct 2	15 9 AM – 5 PM Nutrition Presentation & Consultations @ County Clerk's Office	16 <u>Winning with Wellness Wednesday.</u> Q3 Wellness Ambassador Meeting	17 9 AM Nutrition Consultations @ County Clerk's Office 3:30 PM Frontier Health Minute @ Precinct 4	18 7:30 AM – 12 PM Frontier Presentation @ Health Dept. Annual Employee Clinic 2 PM Wellness Talk @ Veterans Services
21 Sleep Apnea Screening @ Precinct 3	22 9 AM – 4:30 PM Nutrition Presentation & Consultations @ Urban County Program 	23 <u>Monthly Wellness Campaign – 2nd Flyer</u> <u>10 AM Webinar: How to Motivate, Engage and Retain Your Staff</u> 10 AM & 2 PM Diabetes Presentation @ Juvenile Probation	24 9 AM – 4:30 PM Nutrition Presentation & Consultations @ Urban County Program 11 AM Well-Fuel Wellness Talk @ Administration Bldg (McColl)	25 2 PM Frontier Presentation @ Veterans Services
28 7 AM, 8 AM, 3 PM, & 11 PM Frontier Presentation @ Sheriff's Office 8:30 AM Wellness Talk @ Health Department	29 9 AM – 4:30 PM Nutrition Presentation & Consultations @ District Attorney's Office	30 <u>Winning with Wellness Wednesday.</u> 7 AM Diabetes Presentation @ Juvenile Probation		