



AUGUST 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Wellness Beat - August 2026 Edition	4 2 PM Head Start Program Annual Training	5 <u>Monthly Wellness Campaign - 1st Flyer</u> 2 PM Diabetes Presentation @ Urban County Program	6 9 AM - 4 PM Nutrition Presentation & Consultations @ Health Dept. Mission Clinic	7 <u>9 AM - 11 AM Virtual Benefits Consultations Availability</u> 9 AM - 4 PM Nutrition Presentation & Consultations @ Veterans Services
10	11 8:30 AM - 4:30 Nutrition Presentation & Consultations @ Community Service Agency	12 <u>Winning with Wellness Wednesday</u> 1:30 PM Diabetes Presentation @ Precinct 3	13 <u>10 AM Webinar: Achieving the Balance: Diet, Exercise & Metabolism</u> 8:30 AM - 4:30 PM Nutrition Presentation & Consultations @ Community Service Agency	14 11 AM Diabetes Presentation @ District Attorney's Office
17 8:30 AM Frontier Presentation @ Health Department	18 8:30 AM - 4:30 Nutrition Presentation & Consultations @ Community Service Agency	19 <u>Monthly Wellness Campaign - 2nd Flyer</u>	20 <u>9 AM - 11 AM & 2 PM - 4 PM Virtual Nutrition Consultations Availability</u> 3:30 PM Frontier Health Minute @ Precinct 4	21
24 <u>9 AM - 11 AM Virtual Nutrition Consultations Availability</u>	25	26 <u>Winning with Wellness Wednesday</u> <u>10 AM Webinar: Your Attitude Determines Your Altitude</u>	27 28 	
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