

OCTOBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 9 AM – 4:30 PM Nutrition Presentation & Consultations @ Drainage District 1	2 Wellness Beat – October 2026 Edition
	5	6 9 AM – 4:30 PM Nutrition Presentation & Consultations @ Drainage District 1	7 <u>Monthly Wellness Campaign – 1st Flyer</u> 11 AM Well-Fuel Wellness Talk – Breast Cancer @ Courthouse	8 9 AM – 4:30 PM Nutrition Presentation & Consultations @ Drainage District 1
12 	13 9 AM – 11 AM & 2 PM – 4 PM <u>Virtual Nutrition Consultations Availability</u> 7 AM – 4 PM Open Enrollment @ Precinct 4 8 AM – 5 PM Open Enrollment @ Human Resources	14 <u>Winning with Wellness Wednesday</u> 7 AM – 5 PM Open Enrollment @ Precinct 2 Field Operations	15 9 AM – 11 AM & 2 PM – 4 PM <u>Virtual Nutrition Consultations Availability</u> 7 AM – 5 PM Open Enrollment @ Precinct 1	16 8 AM – 5 PM Open Enrollment @ Courthouse 8 AM – 5 PM Open Enrollment @ Health & Human Services
19 8 AM – 5 PM Open Enrollment @ Facilities Management	20 9 AM – 11 AM & 2 PM – 4 PM <u>Virtual Nutrition Consultations Availability</u> 7 AM – 5 PM Open Enrollment @ Precinct 3 8 AM – 5 PM Open Enrollment @ Administration Annex 8 AM – 5 PM Open Enrollment @ Human Resources	21 <u>Monthly Wellness Campaign – 2nd Flyer</u> 8 AM – 5 PM Open Enrollment @ Courthouse Annex III	22 9 AM – 11 AM & 2 PM – 4 PM <u>Virtual Nutrition Consultations Availability</u>	23
26	27 8:30 AM – 4:30 PM Nutrition Presentation & Consultations @ District Attorney's Office	28 <u>Winning with Wellness Wednesday</u> 10 AM Webinar: Four Steps to Better Workplace Relationships	29 8:30 AM – 4:30 PM Nutrition Presentation & Consultations @ District Attorney's Office 8 AM Sleep Apnea Screening @ Courthouse 3:30 PM Frontier Health Minute @ Precinct 4	30 8 AM Sleep Apnea Screening @ Precinct 4 

