


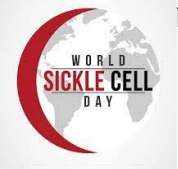

June 2023



**National Cancer
Survivors Day**

June 4



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29			1 Open Enrollment Begins! Visit the ADP portal for more information!	2 Finance Friday: Contact Jack McDonald for 401K tips! jmcdonald@jkj.com	3 Grilling Season Recipe Corner: Honey Lime Grilled Corn
4 Wear LAVENDAR for National Cancer Survivors Day!	5 National Cancer Survivor's Day Information	6 Migraine/Headache Awareness Month: Learn about the different types of headaches	7 Men's Health Awareness Resources	8 Get outside and enjoy the fresh air and being active!	9 Keep a positive mindset during your conversations today.	10 20 Minute HIIT Workout - No equipment needed!
11 Say HI day! Share a friendly smile with people you see today.	12 Wear BLUE for Men's Health Day!	13 Open Enrollment ends TOMORROW!	14 On-site Wellness/Open Enrollment Fair at CHOR from 10-2!	15 Look for something to be thankful for where you least expect it.	16 Yoga for Migraines with Adriene	17 Eat your veggies day! Try a vegetable you haven't had before!
18 Park Bench Workout - Core and Stability! No equipment	19 	20 5000 Steps at Home!	21 	22 Men's Health Network	23 Do something today that makes YOU happy!	24 30 Minute Low Impact Fat Buring Workout!
25 Grilling Season Recipe Corner: Mahi Mahi Tacos	26 Don't forget your sunscreen when outside even when it's cloudy!	27 Men: Take Charge of Your Health	28 Think of 3 things you are grateful for and write them down.	29 Podcast: What You Need to Know About Headaches	30 What did you accomplish this month?	1
2	3	Notes PNC Financial Wellness Achievement Center Reminder: Click here to register!				