



Canadian  
Cancer  
Society

Healthy  
Workplaces

Powered  
by



| Sunday                        | Monday   | Tuesday                   | Wednesday                    | Thursday | Friday | Saturday |
|-------------------------------|--|---------------------------|------------------------------|----------|--------|----------|
|                               |  |                           | 1<br>Business<br>Spotlight   | 2        | 3      | 4        |
| 5                             | 6  | 7<br>Trailmix<br>Tuesday  | 8                            | 9        | 10     | 11       |
| 12                            | 13   | 14                        | 15                           | 16       | 17     | 18       |
| One Week Vegetarian Challenge |  |                           |                              |          |        |          |
| 19                            | 20   | 21<br>Trailmix<br>Tuesday | 22                           | 23       | 24     | 25       |
| 26                            | 27<br>Sign up for<br>Healthy<br>Workplaces<br>Gratitude<br>Challenge | 28                        | 29<br>Bell Let's Talk<br>Day | 30       | 31     |          |

Workplace Wellness  
Calendar

**JAN  
'20**



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| Sunday                              | Monday                  | Tuesday               | Wednesday                   | Thursday | Friday | Saturday                                       |
|-------------------------------------|-------------------------|-----------------------|-----------------------------|----------|--------|--|
|                                     |                         |                       |                             |          |        | 1  |
| 2                                   | 3                       | 4<br>World Cancer Day | 5                           | 6        | 7      | 8  |
| Gratitude Challenge (Feb 3 - Feb 9) |                         |                       |                             |          |        |  |
| 9                                   | 10                      | 11                    | 12<br>Business<br>Spotlight | 13       | 14     | 15<br>International<br>Childhood<br>Cancer Day |
| 16                                  | 17                      | 18                    | 19                          | 20       | 21     | 22   |
| 23                                  | 24<br>Mindful<br>Monday | 25                    | 26                          | 27       | 28     | 29   |

Workplace Wellness  
Calendar

**FEB  
'20**



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| Sunday                         | Monday  | Tuesday | Wednesday                          | Thursday | Friday                      | Saturday |
|--------------------------------|---|---------|------------------------------------|----------|-----------------------------|----------|
| 1                              | 2<br><b>Sign up for<br/>Healthy<br/>Workplaces<br/>Newsletter</b> | 3       | 4<br><b>Business<br/>Spotlight</b> | 5        | 6                           | 7        |
| 8                              | 9   | 10      | 11                                 | 12       | 13<br><b>Fitness Friday</b> | 14       |
| 15                             | 16  | 17      | 18                                 | 19       | 20                          | 21       |
| <b>Stretch Break Challenge</b> |   |         |                                    |          |                             |          |
| 22<br>World Water<br>Day       | 23  | 24      | 25                                 | 26       | 27<br><b>Fitness Friday</b> | 28       |
| 29                             | 30  | 31      |                                    |          |                             |          |

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**MAR**  
**'20**