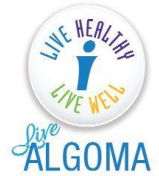


2018

MAY

Celebrate May is Mental Health Month!



For more information visit <https://kewaunee.uwex.edu>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29 UW Extension	30 Follow us on Facebook! https://www.facebook.com/KewauneeCtyUWEX/	01	02 6pm Weekly Walking Group - Wellness Center	03 9am Wellness Thursdays - Wellness Center 4pm Pediatric First Aid - Wellness Center	04 9:30am Strong Bodies & Minds - Grandview Terrace	05 8:30am Color Me Algoma Color Run - Wellness Center 8am Pediatric First Aid Part 2 - Wellness Center
06 10am Healthy recipes at the Pig! Piggly Wiggly Algoma	07 9am Wellness Mondays - Wellness Center 10am How do You Maintain a Healthy Mind - Algoma Public Library	08	09 5pm Civility Training - St John's Church, Rankin 6pm Weekly Walking Group - Wellness Center	10 9am Wellness Thursdays - Wellness Center 5:30pm Healthy Living with Chiropractic Care - Wellness Center	11 9:30am Strong Bodies & Minds - Grandview Terrace	12
13 10am Healthy recipes at the Pig! Piggly Wiggly Algoma	14 8am Stress Management - Wellness Center 9am Wellness Mondays - Wellness Center 6pm Gun Safety - Algoma Public Library	15	16 4:30pm Create Your Own Stress Ball - Algoma Public Library 6pm Weekly Walking Group - Wellness Center	17 9am Wellness Thursdays - Wellness Center	18 9:30am Strong Bodies & Minds - Grandview Terrace 3:00pm B'Wel Chiropractic Open House	19 12:30pm Leash on Manners Dog Training Seminar - Algoma Youth Club
20 10am Healthy recipes at the Pig! Piggly Wiggly Algoma 1:00pm Community Garden Open House - Algoma Community Garden	21 8am The Gut Brain Connection - Wellness Center 9am Wellness Mondays - Wellness Center	22 11:30am Reduce Mental Health Stigma at Work - Webinar	23 2pm QPR Training - Wellness Center 6pm Weekly Walking Group - Wellness Center 6:30pm QPR Training - Wellness Center	24 9am Wellness Thursdays - Wellness Center	25 9:30am Strong Bodies & Minds - Grandview Terrace	26
27 10am Healthy recipes at the Pig! Piggly Wiggly Algoma	28 9am Wellness Mondays - Wellness Center	29 5pm Discover Zen Gardens - Algoma Public Library	30 6pm Weekly Walking Group - Wellness Center	31 9am Wellness Thursdays - Wellness Center	01	02