

2018

EVENT CALENDAR

JANUARY 1

Incentive program begins

JANUARY 8

Biometrics begin

MARCH 14

*Wellness Speakers Series:
Know your numbers, now what?*

MARCH 30

Biometrics end

APRIL 12

*Wellness Fair
SHC Atrium
7:30 a.m. to 2 p.m.*

MAY 1-15

Wellness Grants (1st Cycle)

MAY 10

Bike to Work Day

MAY 15

*Wellness Speakers Series:
Enhancing team wellness*

JUNE 20 | HealthySteps

*Wellness Speakers Series:
Resilience demystified*

JULY 26

*Wellness Speakers Series:
Quick fat burning workouts*

AUGUST 16

*Community Walk
Li Ka Shing Lawn
11:30 a.m. to 12:30 p.m.*

SEPTEMBER 1-15

Wellness Grants (2nd Cycle)

SEPTEMBER 20

*Wellness Speakers Series:
Awakening compassion at
work*

SEPTEMBER 30

Incentive program ends

OCTOBER 17

*Wellness Speakers Series:
Be less stressed about stress*

DECEMBER 3-7

Compassion Week