

March, 2021

W.E.L.L. EVENTS

NATIONAL NUTRITION MONTH









VIRTUAL
LUNCHTIME
YOGA

See
Information
below for
Zoom Links

NUTRITIONAL COUNSELING (one on one phone sessions)
MONDAYS & WEDNESDAYS - Noon to 1:00 pm
Contact: mwatson@whs.org or via phone 724-250-6209

EMPLOYEE APPRECIATION DAY! FRIDAY, MARCH 5th
*THANK YOU FOR ALL YOU DO!! IT HAS BEEN A VERY CHALLENGING
YEAR AND YOU HAVE BEEN AMAZING! YOU ARE APPRECIATED!*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 TOBACCO CESSATION CLASS NUTRITIONAL COUNSELING CLASS	2 TRY A NEW RECIPE THIS MONTH!! SEE WEBSITE!	3 WORD SEARCH "HEALTHY EATING" NUTRITIONAL COUNSELING CLASS	4 BUY A GREEN SHAMROCK THIS MONTH!! SUPPORT MDA	5 	6
7	8 TOBACCO CESSATION CLASS NEW EMPLOYEE ORIENTATION TODAY NUTRITIONAL COUNSELING CLASS	9 VIRTUAL YOGA @ LUNCHTIME VIA ZOOM- ALL LEVELS Details below	10 WORD SEARCH "CELEBRATE PIE" NUTRITIONAL COUNSELING CLASS	11 SAFETY MEETING @ 10:00 AM POPCORN LOVER'S DAY - FREE sample STOP IN HR!!	12 WEAR JEANS DONATE TO MUSCULAR DYSTROPHY!! 	13
14	15 NUTRITIONAL COUNSELING CLASS	16 VIRTUAL YOGA @ LUNCHTIME VIA ZOOM- ALL LEVELS Details below	17 "SHADES OF GREEN"  NUTRITIONAL COUNSELING CLASS	18  TAKE THE STAIRS	19  SUPPORT MUSCULAR DYSTROPHY!!	20
21	22 NUTRITIONAL COUNSELING CLASS	23 NATIONAL PUPPY DAY - TEXT YOUR PUPPY PHOTO TO HR!!	24 WORD SEARCH "SALAD" NUTRITIONAL COUNSELING CLASS	25 WELLNESS AMBASSADOR MEETING @ 10:30 VIA ZOOM INVITE	26  DONATE TO MDA!	27
28	29 NUTRITIONAL COUNSELING CLASS	30 NATIONAL TAKE A WALK IN THE PARK DAY!	31 WORD SEARCH "GREEN THINGS" NUTRITIONAL COUNSELING CLASS			

WEBSITE: www.washingtoneapservices.com

CLICK ON: Work-Life In upper right corner

LOGIN: wc

LEGAL & FINANCIAL CONSULTATIONS:

1-877-337-9553

COUNSELING TOLL-FREE: 1-800-EAP-LINK

LUNCHTIME VIRTUAL YOGA

For March 9th use this link to join Zoom Meeting:
<https://zoom.us/j/93499656323?pwd=VlowYzY1MzBTREZ6TG5pK1UrTgdhZz09>

For March 18th use this link to join Zoom meeting: <https://zoom.us/j/93464912887?pwd=dVo1YzNCRy9TSEMvOHRjbDh6REVVMQT09>

SPECIAL DAYS IN APRIL

NATIONAL WALKING DAY -7th
SCRABBLE DAY-13th
ADMIN. PROFESSIONALS-21st
NATIONAL PRETZEL DAY-26th
ADOPT A SHELTER PET DAY-30th