

## 2011 Wellness Education

<b>Date</b>	<b>Time</b>	<b>Location</b>	<b>Subject</b>
01/04/11	11:45 AM	City Hall	Organic Market – GMO Foods
02/04/11	11:30 AM	LB Elks	Heart-to-Heart Luncheon for Women
02/08/11	11:45 AM	City Hall	Mike Kutras: Stress Coach
03/08/11	12:00 Noon	City Hall	Men’s Health, Dr. Leibel
03/16/11	11:45 AM	City Hall	Dietician
03/17/11	11:45 AM	City Hall	Stress Coach
03/30/11	11:45 AM	City Hall	Stress Coach
04/01/11- 05/13/11	N/A	N/A	Wellness Campaign: “Recess” See Karen for details and to sign up.
04/07/11	11:45 AM	City Hall	Organic Market
04/12/11	11:45 AM	City Hall	Stress Coach
04/14/11	11:45 AM	City Hall	Footcare General & Diabetics, Denise Ross, RN
04/20/11	11:45 AM	City Hall	Dietician
06/01/11	11:45 AM	City Hall	Dietician
TBD	11:45 AM	City Hall	Organic Market
08/03/11	11:45 AM	City Hall	Dietician
09/21/11	11:45 AM	City Hall	Dietician
09/24/11	TBD	Ocean Beach Hospital	Don’t Forget! Health Fair Free cholesterol check, PSA blood test for men, and blood pressure checks. Watch for additional information! See Karen for details and to sign up.
10/07/11- 10/28/11	N/A	N/A	Fall Wellness Campaign Show Me the Funny
11/08/11	11:45 AM	City Hall	Stress Coach
TBD	11:45 AM	City Hall	Organic Market
TBD	11:45 AM	City Hall	Dietician

