GBS HEALTH & WELLNESS

2024 *Year of Celebration*

Check your email on the last Tuesday of each month for **GBS Health & Wellness Monthly Resources** including a monthly calendar, mini challenge, healthy habits, newsletter, flyer, “ask an expert” article, and recipe!

01 **January**	**02** **February**	**03** **March**	**04** **April**
Rethink Your Resolutions	Discover Patient Empowerment	Nourish Through Nutrition	Harness Humor
05 **May**	**06** **June**	**07** **July**	**08** **August**
Honor Mental Wellbeing	Celebrate Family Health & Fitness	Enjoy Summer Safely	Reimagine Wellness
09 **September**	**10** **October**	**11** **November**	**12** **December**
Celebrate Healthy Aging	Embrace Diversity	Explore Career Development	Celebrate Service