



2018  
City of Lewiston  
**WELLNESS CALENDAR**  
(See back for program details)



# JANUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 New Year's Day	2	3	4	5	6
7	8	9	10 Hockey Ticket Grab Bag	11	12	13
14	15 Martin Luther King Day	16	17	18	19	20
21	22 Lost Valley Ski Ticket Drawing Sign-Up BEGINS Healthy Eating Magazine Subscription Sign-Up BEGINS	23 Weight Loss Challenge BEGINS, 8:30am to 9:30am	24	25	26 Healthy Eating Magazine Subscription Drawing	27
28	29	30	31 Lost Valley Ski Ticket & Equipment Rental Drawing			

# FEBRUARY

SUNDAY PyeongChang 2018 	MONDAY 	TUESDAY	WEDNESDAY Practice Safe Shoveling!!!	THURSDAY	FRIDAY	SATURDAY
				1 Snowshoe Drawing Sign-Up BEGINS	2 National Wear Red Jeans Day Healthy Eating Magazine Subscription Drawing	3
4	5	6 Glucose Test, fasting req. 8:00am to 9:30am Weight Loss Challenge 9:30am to 10:30am	7	8	9 Winter Olympics Opening Night Healthy Eating Magazine Subscription Drawing	10
11	12	13	14 Red Veggie & Fruit Day Drawing	15	16 Snowshoe Drawing Healthy Eating Magazine Subscription Drawing	17
18	19 Presidents' Day	20 Weight Loss Challenge 8:30am to 9:30am	21	22	23 Healthy Eating Magazine Subscription Drawing	24
25	26	27 Weight Loss Challenge 8:30am to 9:30am	28			

# MARCH

SUNDAY 	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2 Healthy Eating Magazine Subscription Drawing	3
4	5	6 Weight Loss Challenge ENDS, 8:30am to 9:30am	7	8 Mason Jar LnL, City Hall 11:30am to 12:30pm Mason Jar Snack n Learn Public Works, 2:00pm	9 Healthy Eating Magazine Subscription Drawing	10
11	12	13	14	15 March Madness Games Round 1	16 Green Fruit & Veggies Day Drawing Magazine Subscription Drawing March Madness Games -Rd 1	17 March Madness Games Round 1
18 March Madness Games Round 1	19	20 First Day of Spring Yogurt Bar at City Hall	21	22 March Madness Games Round 2	23 March Madness Games Round 2 Healthy Eating Magazine Subscription Drawing	24 March Madness Games Round 2
25 March Madness Games Round 2	26	27	28	29	30 Healthy Eating Magazine Subscription Drawing	31 March Madness Games Final Round

2018  
City of Lewiston  
**WELLNESS CALENDAR**  
Program Details

### Hockey Ticket Grab Bag

Wednesday, January 10<sup>th</sup> - Drawing for 20 sets of 2 L/A Nordiques tickets.

### Lost Valley Ski & Equipment Rental Drawing Sign-Up Begins

Monday, January 22<sup>th</sup> - Sign-up with Derrick St. Laurent (DStLaurent@lewistonmaine.gov).

### Healthy Eating New Year's Resolution Magazine Subscription Drawing Sign-Up Begins

Monday, January 22<sup>th</sup> - Sign-up with Heather Hunter (HHunter@lewistonmaine.gov).

Magazine options: *Eating Well*, *Cooking Light* or *Clean Eating*

### Weight Loss Challenge BEGINS

**Heather Young, Health Care Educator**

Tuesday, January 23<sup>rd</sup> - City Hall, 3<sup>rd</sup> Floor, HCE Office, 8:30am to 9:30am (mandatory)

**\*Fire, please weigh in with Joyce; Police, please weigh in with Sandy if you can't make it to City Hall.**

### Healthy Eating New Year's Resolution Magazine Subscription Drawing

Friday, January 26<sup>th</sup> - Sign-up with Heather Hunter (HHunter@lewistonmaine.gov).

### Lost Valley Ski & Equipment Rental Drawing

Monday, January 22<sup>th</sup> - Drawing

### Shoeshoe Drawing Sign-Up Begins

Thursday, February 1<sup>st</sup> - Sign-up with Jim Ward (JWard@lewistonmaine.gov).

### Healthy Eating New Year's Resolution Magazine Subscription Drawings

Fridays, February 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup> & 23<sup>rd</sup> - Sign-up with Heather Hunter (HHunter@lewistonmaine.gov).

### Glucose Testing

**Heather Young, Health Care Educator**

Tuesday, February 6<sup>th</sup> - City Hall, 3<sup>rd</sup> Floor, HCE Office, 8:00am to 9:30am

Fasting required - sign-up with Heather Young (hyoung@alymca.org)

### Weight Loss Challenge

**Heather Young, Health Care Educator**

Tuesdays, February 6<sup>th</sup>, 20<sup>th</sup> & 27<sup>th</sup> - City Hall, 3<sup>rd</sup> Floor, HCE Office, 9:30am to 10:30am (voluntary)

### Red Veggie & Fruit Day Drawing

Wednesday, February 14<sup>th</sup> - Drawing

### Shoeshoe Drawing

Friday, February 16<sup>th</sup> - 2 Drawings; 1 men's pair of shoeshoes, 1 women's pair of showshoes.

### Healthy Eating New Year's Resolution Magazine Subscription Drawings

Fridays, March 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup> & 30<sup>th</sup> - Sign-up with Heather Hunter (HHunter@lewistonmaine.gov).

### Weight Loss Challenge ENDS

**Heather Young, Health Care Educator**

Tuesday, March 6<sup>th</sup> - City Hall, 3<sup>rd</sup> Floor, HCE Office, 8:30am to 9:30am (mandatory)

**\*Fire please weigh in with Joyce; Police please weigh in with Sandy, if you can't make it to City Hall.**

### Lunch N Learn - Mason Jar Lunch Edition

**Abigail S. DiPasquale, MPH, MCHES**

Thursday, March 8<sup>th</sup> - City Hall, 3<sup>rd</sup> Floor Conference Room, 11:30am to 12:30pm

Sign-up with Kelly Brooks (KJBrooks@lewistonmaine.gov), by Friday, March 2<sup>nd</sup>.

### Snack N Learn - Mason Jar

**Abigail S. DiPasquale, MPH, MCHES**

Thursday, March 8<sup>th</sup> - Public Works, Conference Room, 2:00pm to 3:00pm

Sign-up with Megan Bates (MBates@lewistonmaine.gov), by Friday, March 2<sup>nd</sup>.

### March Madness Games

Sign-up with Jason Hanken (JHanken@lewistonmaine.gov).

**Round 1** - March 15<sup>th</sup>, 16<sup>th</sup>, 17<sup>th</sup> & 18<sup>th</sup>; **Round 2** - March 22<sup>nd</sup>, 23<sup>rd</sup>, 24<sup>th</sup> & 25<sup>th</sup>;

**Final Round 1** - March 30<sup>th</sup>, 31<sup>st</sup>, April 1<sup>st</sup>, 2<sup>nd</sup>.

### Green Fruits & Veggie Day Drawing

Friday, March 16<sup>th</sup> - Drawing

### First Day of Spring Yogurt Bar

Friday, March 20<sup>th</sup> - City Hall, 3<sup>rd</sup> Floor Conference Room, 11:30am to 12:30pm

January

February

March