2011 Calendar

June
1st and 2nd – Wednesday and Thursday: HealthPass
   ORF Diamond Head Terrace Room 8:00 am to 3:00 pm
15th – Wednesday – Lunch and Learn: Family Fitness
   OEH Learning Center 12:00 pm to 1:00 pm
15th – Wednesday – Heart and Sole Walk
   OEH Bell Desk 5:15 pm
29th – Blood Drive
   ESH – Time TBA
*Tuesdays and Thursdays: Kathy Foley’s Exercise Class
   Location Varies: 12:15pm to 1:15 pm

July
6th – Wednesday – Lunch and Learn: Workstation Wellness
   OEH Pool Conference Room 12:00 to 1:00 pm
20th – Wednesday – Lunch and Learn: Meditation
   OEH Learning Center 12:00 pm to 1:00 pm
20th – Wednesday – Heart and Sole Walk
   OEH Bell Desk 5:15 pm
*Tuesdays and Thursdays: Kathy Foley’s Exercise Class
   Location Varies: 12:15pm to 1:15 pm

August
9th and 10th: Tuesday and Wednesday: HealthPass
   OWK: Leahi Room 1 8:00 am to 3:00 pm
17th – Wednesday – Lunch and Learn: Understanding Depression
   OEH Learning Center 12:00 pm to 1:00 pm
17th – Wednesday – Heart and Sole Walk
   OEH Bell Desk 5:15 pm
Date TBA: Lunch and Learn: Identity Theft
   Location: TBA
*Tuesdays and Thursdays: Kathy Foley’s Exercise Class
   Location Varies: 12:15pm to 1:15 pm

For more information, please contact the Human Resource Service Center at 921-6965.
Locations, times and topics subject to change. Updated as of 06/02/2011.
**September**

14th – Tuesday – **Health Fair**
  OEH Lobby Conference Room

15th – Thursday – **Health Fair**
  ORF Diamond Head Terrace

21st – Wednesday – Lunch and Learn: **Germ Busters**
  OEH Learning Center 12:00 pm to 1:00 pm

21st – Wednesday – Heart and Sole Walk
  OEH Bell Desk 5:15 pm

27th – **Blood Drive**
  OEH – Time TBA

*Tuesdays and Thursdays: Kathy Foley's Exercise Class
  Location Varies: 12:15pm to 1:15 pm

**October**

Date and Time: TBA **HealthPass**
  Location: TBA

10th – Monday – Start of **Mammography** and **Prostate** Screening

19th – Wednesday – Lunch and Learn: **Understanding Diabetes**
  OEH Learning Center 12:00 pm to 1:00 pm

19th – Wednesday – Heart and Sole Walk
  OEH Bell Desk 5:15 pm

*Tuesdays and Thursdays: Kathy Foley's Exercise Class
  Location Varies: 12:15pm to 1:15 pm

**November**

16th – Wednesday – Lunch and Learn: **Seasons Eating**
  OEH Learning Center 12:00 pm to 1:00 pm

16th – Wednesday – Heart and Sole Walk
  OEH Bell Desk 5:15 pm

6th through 19th – **Open Enrollment**
  Location: TBA

17th – Thursday – **Great American Smoke Out**

19th – Saturday – End of **Mammography** and **Prostate** Screening

*Tuesdays and Thursdays: Kathy Foley's Exercise Class
  Location Varies: 12:15pm to 1:15 pm

**December**

1st – **Blood Drive**
  ESH – Times TBA

14th – Wednesday – Heart and Sole Walk
  OEH Bell Desk 5:15 pm

*Tuesdays and Thursdays: Kathy Foley's Exercise Class
  Location Varies: 12:15pm to 1:15 pm