

*** Nutrition Challenge is ongoing. May complete that challenge each month!**

<p>OCTOBER 2021</p> <p>Dimension - Breast Cancer Awareness Date - All Month Event - Georgia 35 Mile Breast Cancer Challenge, 5K, or Dance Party Activity – Walk 35 Miles the month of October/Fundraiser, attend the Pinks 5K in Blackshear, or the YMCA Dance Party.</p>	<p>NOVEMBER 2021</p> <p>Dimension Alzheimer's awareness Date 11/06/2021 Event - Walk to end Alzheimer's, OR register for our challenge program! Activity - Participate in the Walk to #EndALZ. 1 mile walk minimum.</p>	<p>DECEMBER 2021</p> <p>Dimension – Healthier Holidays Date – All Month Event – Jingle Jog 5K Dec 18, 2021 Valdosta Activity – Jingle Jog 5K, Donate to Senior Gift cards, OR log a 5K (walk or run) on your own time.</p>	<p>JANUARY 2022</p> <p>Dimension – Resolution Challenge Date – All Month Event – 2 Exercise Challenge options Activity – Participate in the Valdosta YMCA Team Lean program – or complete an Exercise challenge of your choice.</p>
<p>FEBRUARY 2022</p> <p>Dimension - Heart Health awareness Date – all month Event – 10,000 Step challenge (walk 10,000 steps each day!) Activity – #moveitmondays & wear red Feb 4th.</p>	<p>MARCH 2022</p> <p>Dimension - Mental Health Date - All Month + Virtual meetings Event - Journaling challenge Activity - Weekly journal prompts & attend 2 discussions via weekly Zoom opportunities.</p>	<p>APRIL 2022</p> <p>Dimension – Stress Date – all month Event – Wrap up Event TBD Activity – Education materials & event TBD</p>	<p>MAY 2022</p> <p>Dimension - Sleep Date – All Month Event – Yoga Nidra challenge Activity – Weekly Yoga Nidra practices via Zoom. Attend 2 sessions to complete the challenge.</p>
<p>JUNE 2022</p> <p>Dimension - Diabetes awareness Date - All month Event - TBD Activity - Read materials and take 1 minute test at doihaveprediabetes.org</p>	<p>JULY 2022</p> <p>Dimension - UV Safety awareness Date – All Month Event – TBD Activity – Education materials & #sgrcwellbeing Photo contest.</p>	<p>AUGUST 2022</p> <p>Dimension – Preventative Care /Immunization Awareness Date – All Month Event - TBD Activity - Education materials</p>	<p>SEPTEMBER 2022</p> <p>Dimension - Flu Prevention Date - All Month Event - Flu Shot Activity - Education Materials</p>