




Calendar

What's on your
calendar this year?



Important Events – Remember the Date

- Professional & Personal Wellness offers a calendar on the website that not only displays the different national holidays and monthly topics such as National Men’s Health Week, Breast Cancer Awareness Month, and Bike Safety Month; the website also links your interests with the calendar. For example, if you selected basketball as one of your interests in your profile, if there was a Gus Macker in your area, you would automatically be notified of this event.
- In addition to this, you will still have access to view other community activities that are happening in your area that you may not have selected on your interests. If you live in Battle Creek, MI you will see our exercise classes like Yoga, Pilates, Dance, and more. In the summer months we do track workouts and boot camp classes. By having access to our calendar on the website you can also learn other activities happening in your area, such as local 5k races and other local festivities. Below is an example of our current calendar for the month of September.

| Aug | | September 2009 | | | | | Oct |
|-----|----------------------------|-------------------------------------|-----|-------------------------|-----|-----|-----|
| Sun | Mon | Tue | Wed | Thu | Fri | Sat | |
| 30 | 31 | 1 Food Safety Month | 2 | 3 | 4 | 5 | |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 | |
| 13 | 14 Pilates | 15 Yoga | 16 | 17 Yoga | 18 | 19 | |
| 20 | 21 Pilates | 22 Yoga | 23 | 24 Yoga | 25 | 26 | |
| 27 | 28 Pilates | 29 Yoga | 30 | 1 | 2 | 3 | |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 | |