

Rutherford County Employee Wellness

National Breastfeeding Awareness Month & National Gut Health Month

August 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	 6 Know Your Numbers Webinar 12:30-1:00PM	7	8	9
10	11 Fiber is great for your gut. Aim to hit 20g of fiber daily this week!	12	13	 14 BMI	15	16
17	18	19 Virtual Dance Class 5:30-6:30PM 	20 Environmental Well-Being Webinar 12:30-1:00PM	21	22	23 Barre II: Bounce +Barre Class 10:30-11:30AM 
24	25 Did you know: Chewing your food slower allows for proper digestion. Slow it down this week.	26	27	28	29	30
31	Breastfeeding or preparing to? Check out Healthy Pregnancies, Healthy Babies under the Wellness Tab in MyCigna for lactation support & to order a FREE breast pump!					

To register for events, visit Rutherfordcountyttn.gov/wellnessnews