
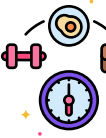






Rutherford County Employee Wellness Calendar

National Staying Healthy Month

JANUARY 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 	2 Write out your New Years Resolutions!	3
4 	5 Start 1 new daily healthy habit this week!	6	7	8	9	10
11	12	13  New Year, New You Webinar 12-12:30PM	14	15	16 	17 Workout Class Samper @ Patterson Park CC 9-11AM
18	19 	20	21	22	23	24
25	26	27	28 Check in: Are you on track with your resolutions? 	29	30	31

For more information on events, and to register, visit Rutherfordcountytn.gov/wellnessnews or scan the QR code

