

Rutherford County Employee Wellness Calendar March

National Nutrition Month and Colorectal Cancer Awareness Month



2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Couch to 5k Program Starts! 	3	4	5 Go sugar free today!	6	7
8	9	10	11 Build Your Own GLP-1 Webinar 12-12:30PM 	12	13	14
15	16 Aim to get 25g of fiber today! 	17	18	19 Have a high protein breakfast today! 	20	21 Les Miles Body Pump @ Avalon 11:30AM-12:30PM 
22	23	24 Try a new vegetable this week! 	25	26	27 Go for a walk after a meal to aid in digestion!	28
29	30	31 Submit your Quarterly Bingo Cards! 				

For more information on events and to register, visit Rutherfordcountytn.gov/wellnessnews