

RUTHERFORD COUNTY EMPLOYEE WELLNESS CALENDAR



NOVEMBER 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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2	3 Challenge yourself to lower your sugar intake this week!	4	5	6	7 One Pot Cook-Off Hosted by HR 11AM-1PM	8
9	10	11	12 Winter Blues & Mood Boosters Webinar 12:30-12:50PM	13	14	15 BodyRok Pilates Class 11:30AM-12:15PM
16	17	18	19 Portion Control & Holiday Plates Webinar 12:30-12:50PM	20	21	22
23	24	25 Complete a gratitude journaling prompt today!	26	27 HAPPY Thanksgiving	28	29
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To register for events and view past webinars, go to RutherfordCountytn.gov/wellnessnews