







Rutherford County



September 2025

Employee Wellness Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10  Cancer Awareness Webinar 12:30-1PM	11 	12	13 PVOVLE Workout Class 12-1PM
14	15 Add in 1 day of yoga this week!	16	17	18	19	20
21	22	23	24 MDLIVE Virtual Care Webinar 12:30-1PM 	25	26	27
28	29	30  Point accumulation period ends for 2025				

To register for events, visit Rutherfordcountyttn.gov/wellnessnews