



## January

Mindfulness

## February

HealthPartners  
Wellness Kick-Off

## March

Nutrition  
MCAD Cookbook  
Kick-Off

## April

Financial Wellbeing

## May

Movement and  
Transportation  
Bike to Work Month

## June

Emotional and  
Mental Wellbeing

## July

Creativity  
Staff Talent Show  
(TBD)

## August

Sleep Habits

## September

Volunteerism

## October

Wrap-up  
Cookbook Published!

## November/December

Feedback Time: How can we expand  
the idea of wellness even more?

# WELL<sup>+</sup>

For more information on Well<sup>+</sup> 2020:  
Keep an eye on your inbox!  
Questions? Email Human Resources:  
[human\\_resources@mcad.edu](mailto:human_resources@mcad.edu)