

September Monthly Events

Sun	Mon	Tues	Wed	Thur	Fri	Sat
				¹ Eat the Rainbow for Wellness Challenge Sign-up Begins	²	³
⁴	⁵	⁶ Eat the Rainbow for Wellness Challenge Start	⁷ Wellness Wednesday's – Einstein Cafeteria 12:00-2:00pm Weight Watchers Moses/Einstein/Tarrytown	⁸ Weight Watchers Yonkers/Fordham	⁹	¹⁰
¹¹ Eat the Rainbow for Wellness Last Day to sign-up for Challenge	¹²	¹³	¹⁴ Wellness Wednesday's – Moses Cafeteria 12:00-2:00pm Weight Watchers Moses/Einstein/Tarrytown	¹⁵ Weight Watchers Yonkers/Fordham	¹⁶	¹⁷
¹⁸	¹⁹	²⁰ Nutrition Workshop – Moses 12:00-1:00pm 5Rhythms 5:15-6:15pm	²¹ Nutrition Workshop – Yonkers 12:00-1:00pm 1:00-2:00pm Wellness Wednesday's – Wakefield Cafeteria 12:00-2:00pm Weight Watchers Moses/Einstein/Tarrytown	²² Weight Watchers Yonkers/Fordham	²³ Nutrition Workshop – Einstein 12:00-1:00pm	²⁴
²⁵	²⁶	²⁷	²⁸ Wellness Wednesday's – Hutchinson 12:00-2:00pm Weight Watchers Moses/Einstein/Tarrytown	²⁹ Weight Watchers Yonkers/Fordham	³⁰	