

# Detroit Historical Society 2023

## WELLNESS CALENDAR

SEP

- **Ergonomics, Posture, & Reducing Pain**
- Pain Awareness Month

OCT

- **Disillusionment, Community Action, & Self-Care**
- World Food Day: 10/16
- Strive Kick-Off & SMART Goals: 10/9
- Hydration Station: 10/12 - 10/26

NOV

- **Perfectionism & OCD**
- American Diabetes Month
- World Diabetes Day: 11/14
- Flu/Immunization Clinic (optional):  
*Date and Time TBD*

DEC

- **Disconnect & Reconnect (To Your Youth)**
- Human Rights Day: 12/10
- Stress Busters: 12/5 at 12pm - 1pm
- Disconnect & Reconnect 12/7 - 12/21

DETROIT  
HISTORICAL  
SOCIETY



- Awareness Observance Dates
- Wellness Challenge
- Wellness Presentation
- HRA/Quarterly Reward Points Dates
- Strive Monthly Webinar Topics
- Other