



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



SCAN ME!

Scan for the digital copy of the **BenefitU Interactive Calendar**. Enjoy daily tips to help practice activities that support your health & wellbeing.

August is National Wellness Month, and with kids back in school, it's an ideal time to focus on yourself. Think of August as a **fresh start**, an opportunity to **prioritize, adapt, overcome**, and get back to the basics of your wellbeing. There are four months left in the year, plenty of time to reset, recharge, and finish strong!

1 WELCOME TO NATIONAL WELLNESS MONTH! TAKE TODAY TO SET ONE SMALL WELLNESS GOAL, WHETHER IT'S MOVING MORE, DRINKING MORE WATER, OR PRIORITIZING 'YOU TIME'. YOU DESERVE TO FEEL YOUR BEST!

2 PLAN A WEEKEND "ME TIME" ACTIVITY. READ, WALK, TAKE A YOGA CLASS OR RELAX WITH NO TECHNOLOGY.

3 WHEN YOU TAKE CARE OF YOURSELF, YOU CAN SHOW UP BETTER FOR EVERYTHING ELSE.

4 ENERGIZE YOUR MONTH: IF YOU COULD ADD ONE ENERGIZING HABIT TO YOUR ROUTINE THIS MONTH, WHAT WOULD IT BE?



5 CELEBRATE NATIONAL BREASTFEEDING MONTH: TAKE A MOMENT TO HONOR THE DEDICATION IT TAKES TO ALL WHO SUPPORT NOURISHING A CHILD.

6 BE WELL: DEDICATE 10 MINUTES TO MEDITATION. IT CAN PROVIDE A MENTAL RESET, REDUCING STRESS AND ENHANCING FOCUS FOR THE SECOND HALF OF THE WEEK.

7 EAT WELL: EATING HEALTHY ON A BUDGET. CHECK OUT [YOUR GUIDE TO BUDGET-FRIENDLY NUTRITION](#) FOR TIPS TO BOOST YOUR EATING HABITS AND SAVE MONEY.

8 SEND A THANK YOU NOTE OR MESSAGE TO SOMEONE WHO MADE A DIFFERENCE IN YOUR LIFE THIS WEEK. GRATITUDE BOOSTS HAPPINESS.



9 CHECK OUT CLASSPASS FOR A FREE 2-WEEK MEMBERSHIP TO EXPLORE LOCAL FITNESS STUDIOS. IT'S A GREAT WAY TO DISCOVER NEW WORKOUT ROUTINES THAT SUPPORT YOU AND YOUR FITNESS GOALS.

10 TODAY SHAPES TOMORROW: WHAT CAN YOU DO TODAY, THAT WILL HELP YOU FEEL STRONGER, HAPPIER, OR HEALTHIER TOMORROW?

11 MOVE WELL: TRY STANDING UP ONCE AN HOUR TO STRETCH. CURIOUS ABOUT WAYS TO SNEAK IN MORE MOVEMENT THROUGHOUT THE DAY? CHECK OUT [18 WAYS TO ADD MOVEMENT TO YOUR DAY](#) EVEN IF YOU HAVE A DESK JOB.

12 FIX YOUR POSTURE AT WORK. SEE [WHY GOOD POSTURE MATTERS](#) AND PRACTICE SITTING UPRIGHT.



13 WHAT'S UP WEDNESDAY: JOIN ANDREA ALLEN FOR A DISCUSSION, [THE IMPORTANCE OF RECOGNITION: RECOGNIZING SUCCESS](#)

- 11 AM – 12 PM
- EARN 1 TRAINING HOUR



14 EMBRACE A SCREEN-FREE HOUR BEFORE BED TO IMPROVE SLEEP. THIS SIMPLE HABIT HELPS YOUR MIND UNWIND, REDUCES LATE-NIGHT STIMULATION, AND PROMOTES DEEPER, MORE RESTFUL SLEEP.



15 BALANCE YOUR FLUIDS: JUST A 2% DROP IN HYDRATION CAN AFFECT FOCUS AND STRENGTH. DON'T WAIT UNTIL YOU'RE THIRSTY. CARRY A WATER BOTTLE AND SIP THROUGHOUT THE DAY TO KEEP YOUR MIND AND BODY PERFORMING THEIR BEST!

16 "SUCCESS IS THE SUM OF SMALL EFFORTS, REPEATED DAY IN AND DAY OUT." ~ ROBERT COLLIER

17 EMBRACE THE ART OF DOING NOTHING. TAKE A MINDFUL BREAK TODAY AND ENJOY SOME SOLITUDE. IF YOU STRUGGLE TO SLOW DOWN, CHECK OUT WHY ["ME TIME"](#) IS SO IMPORTANT AND LEARN 10 WAYS TO SLOW DOWN DESPITE A HECTIC SCHEDULE.

18 MAKE MOVEMENT PART OF YOUR ROUTINE WITH THE CITY'S SUPPORT. EXPLORE A LOCAL GYM TODAY! LEARN HOW THE [FITNESS REIMBURSEMENT PROGRAM CAN SAVE YOU UP TO \\$40 PER MONTH](#) WHILE YOU STAY ACTIVE!



19 SAV4 Health STAY ON TRACK AND COMPLETE YOUR SAV4 HEALTH ACTIVITIES TO SAVE \$1000 ON YOUR 2026 MEDICAL PREMIUMS. [SCHEDULE YOUR BIOMETRIC SCREENING. REGISTER ONLINE OR CALL 912-819-8177.](#)

- WHEN: TUESDAY, SEPTEMBER 16
- SANITATION HQ, 1809 W HWY 80
- TIME: 6:30 A.M. – 10:30 A.M.

20 HONOR THE SENIORS WHO INSPIRE YOU: TOMORROW IS NATIONAL SENIOR CITIZENS DAY. TAKE TIME TO RECOGNIZE AND CELEBRATE THE SENIORS WHO INSPIRE AND SUPPORT YOU!

21 *Thriving Thursday's*

JOIN LAUREN WILSON AND REFRESH NUTRITION FOR, **BACK TO YOU: RESET, REFOCUS, RECHARGE!**

- 12:00 - 1:00 PM | BRYAN ROOM SAVANNAH CIVIC CENTER, 301 W. OGLETHORPE
- [REGISTER HERE](#)

22 SET ASIDE 15 MINUTES TO DECLUTTER TODAY! A CLEAR SPACE = A CLEAR MIND. A FEW MINUTES OF TIDYING UP CAN CREATE AN ENVIRONMENT TO HELP YOU THRIVE.

23 FORSYTH FARMERS' MARKET – FORSYTH PARK, 9AM-1PM COME BROWSE 60+ LOCAL VENDORS OFFERING FRESH FRUITS, VEGGIES, BAKED GOODS, HONEY, DAIRY, AND MORE. IT'S A WONDERFUL WAY TO MOVE MORE, SUPPORT SMALL BUSINESSES,

24 HEALTHY HABIT: FOCUS ON ONE POSITIVE HABIT TO CLOSE OUT THE MONTH STRONG.

25 YOUR IMPACT IS NOT MEASURED BY HOW MANY THINGS YOU DO, BUT HOW WELL YOU DO THEM.

26 CELEBRATE NATIONAL DOG DAY! TAKE A WALK WITH YOUR DOG OR A FRIEND'S. SPENDING TIME WITH FURRY FRIENDS CAN REDUCE STRESS, LIFT YOUR MOOD, AND SUPPORT YOUR OVERALL MENTAL WELL-BEING.

27 THINK AHEAD: WHAT IS ONE PERSONAL GOAL OR EXPERIENCE YOU WANT TO CHECK OFF YOUR LIST BEFORE THE YEAR ENDS?

28 FINANCIAL WELLNESS: PENSION, 457, AND BENEFITS CLASS.

- 9 AM – 12 PM | AUDITORIUM, COASTAL GEORGIA 305 FAHM ST.
- [REGISTER: ATTEND IN PERSON OR ONLINE](#)



29 BRING YOUR LUNCH TO WORK TODAY AND ENJOY IT WITH A COWORKER. USE THIS TIME TO SHARE YOUR FAVORITE BUDGET FRIENDLY MEALS AND SWAP TIPS FOR HOW YOU SAVE MONEY WHILE SHOPPING FOR HEALTHY FOODS.

30 REFLECT ON AUGUST: WHAT WORKED WELL FOR YOUR WELLNESS THIS MONTH? WHAT WILL YOU CARRY INTO SEPTEMBER?



31 THINK AHEAD: WHAT IS ONE PERSONAL GOAL OR EXPERIENCE YOU WANT TO CHECK OFF YOUR LIST BEFORE THE YEAR ENDS?