ATTITUDE OF GRATITUDE: OCTOBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3 **Connection** Self Care Tips	4 **Grati-Tuesday-** Write a thank you to a co-worker & upload to the connections!	5 **Fast Break:**Complete the activity and upload a completed picture to the connection!	6 We invite you to **share pictures of your fall home decor** on The Connection!	7 **WIM** Animal Ambassador Rounding	8
9	10 **Connection** Self Care Tips **WIM** Virtual Mindful Movements 9 AM	11 **Grati-Tuesday**- Write a thank you to a co-worker & upload to the connections!	12 **Fast Break**: Complete the activity and upload a completed picture to the connection! **Riverside Marketplace Gift Shop**: Fall Twilight Sale 4 -7 PM	13 **WIM** Animal Ambassador Rounding **WIM** Virtual Mindful Movements 9 AM	14 **Wear your Riverside Logo wear to show your support!**	15
16	17 **Connection** Self Care Tips **WIM** Animal Ambassador Rounding	18 **Grati-Tuesday-** Write a thank you to a co-worker & upload to the connections!	19 **Fast Break:** Complete the activity and upload a completed picture to the connection!	20 **WIM** Virtual Mindful Movements 4 PM	21 **WIM** Rounding with the Mobile Wellness Wagon at Watseka, Pembroke, Momence & East Court locations **WIM** Virtual Mindful Movements 3:30 PM	22
23	24 **Riverside Marketplace Gift Shop**: Riverside Staff Appreciation Giveaway **WIM** Virtual Mindful Movements 11 AM	25 **Grati-Tuesday**- Write a thank you to a co-worker & upload to the connections!	26 **Fast Break:** Complete the activity and upload a completed picture to the connection!	27 We invite you to **share pictures of your fall Halloween decor** on The Connection!	28 **WIM** Animal Ambassador Rounding **WIM** Virtual Mindful Movements 1PM	29
30	31 **WIM** Animal Ambassador Rounding Customer Friendly Halloween Dress Up day. We invite you to **share pictures of your department participants** on The Connection!					

Sign up for Virtual Mindful Movement with Well In Mind:
https://attendee.gotowebinar.com/rt/3124239626661717260

Attitude of Gratitude

RIVERSIDE HEALTHCARE