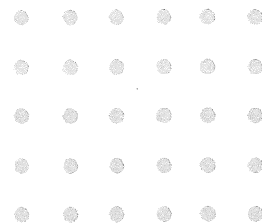


# Hidalgo County Wellness Program 2020 Calendar of Events



## JANUARY

Community Wellness Expo: 18th  
Dinner Tonight at the Edinburg  
Conference Center at Renaissance:  
22nd  
Health Talk at Commissioner's Court:  
30th (Heart & Vascular Disease)

## FEBRUARY

Mobile Cooking Classes at Pct. 2 CRC  
San Juan: 5th, 12th, 19th, 26th  
Community Wellness Expo: 15th  
Health Talk at Pct. 3: 27th (Prediabetes  
& Diabetes)

## MARCH

Employee Wellness Challenge Initial  
Weigh-in: 2nd, 3rd, 4th, 5th, & 6th  
Employee Wellness Challenge Kick-off  
Event: 7th  
Health Talk at Pct. 4: 12th (Stroke  
Treatment, Awareness, and Prevention)  
Community Wellness Expo: 14th  
Pct. 1 Health Fair: 18th  
Health Risk Assessment Campaign:  
March 9th-April 3rd

## APRIL

Mobile Cooking Classes at AgriLife  
Extension: 8th, 15th, 22nd, 29th  
Community Wellness Expo: 18th  
Health Talk at Drainage District No. 1:  
30th (Cardiovascular Disease)  
Health Risk Assessment Campaign:  
March 9th-April 3rd

## MAY

Mobile Cooking Classes at Pct. 4 ("M"  
Road): 6th, 13th, 20th, 27th  
Community Wellness Expo: 9th  
Health Talk at Commissioner's Court:  
14th (Major Depressive Disorder &  
Anxiety)  
Health Talk at Pct. 2: 28th  
(Diabetes)

## JUNE

Employee Wellness Challenge Final  
Weigh-in: 1st, 2nd, 3rd, 4th & 5th  
Employee Wellness Challenge  
Concluding Event: 6th  
Community Wellness Expo: 13th  
Employee Health Fair at Pct. 3: 17th  
Health Talk at Pct. 1: 25th (Nutrition)

## JULY

Mobile Cooking Classes at Pct. 1:  
1st, 8th, 15th, 22nd  
Community Wellness Expo: 11th  
Health Talk at Health Dept.: 30th  
(Mental Health)

## AUGUST

Community Wellness Expo: 8th  
Pct. 2 & Pct. 4 Health Fair : 20th  
Health Talk at Commissioner's Court:  
27th (Prevention and Treatment of  
High Cholesterol)

## SEPTEMBER

Mobile Cooking Classes at Pct. 3:  
2nd, 9th, 16th, 23rd  
Community Wellness Expo: 12th  
Health Talk at Head Start: 24th  
(Stress Management)

## OCTOBER

Community Wellness Expo: 10th  
Health Talk at Sheriff's Dept.: 29th  
(Cerebrovascular Diseases)

## NOVEMBER

Community Wellness Expo: 14th  
Health Talk at Health Dept.: 12th  
(Medication Management)

## DECEMBER

Community Wellness Expo: 12th

