## JANUARY
Scripture Memory Challenge – 3 John 1:2  
Water Drinking Challenge – 16 oz  
Book – The Daniel Plan  
Recipe - Rosemary Chicken

## FEBRUARY
Scripture Memory Challenge – 1 Corinthians 3:16  
Heart Month – Wear Red Sunday – February 13  
Well Church Conference – February 19  
Water Drinking Challenge – 32 oz  
20/20 Movement Challenge  
Video – How to Live an Active Lifestyle - Ways to Be More Active - YouTube  
Recipe – Salad Baked Potato

## MARCH
Scripture Memory Challenge – 1 Corinthians 10:31  
Senior Adult Luncheon – March 15, noon  
Nutrition Lunch n’ Learn – March 26, 11:30  
Healthy Pot Luck – Sunday School Classes  
Water Drinking Challenge – 48 oz  
Book – What the Bible Says About Healthy Living  
Recipe – Salad Baked Potato

## APRIL
Scripture Memory Challenge – Isaiah 26:3 (ESV)  
Campout, April 8-9, 5:00 p.m. to 9:00 a.m.  
Sleep Seminar, April 22, 6:00-7:30 p.m.  
Water Drinking Challenge – 64 oz  
Breathing Challenge – 4/7/8 Breathing Exercises  
Post Podcast – 7 Christian Podcast about Anxiety  
Recipe – Chocolate Chip Cookies

## MAY
Scripture Memory Challenge - Psalms 4:8  
Digital Detox Challenge  
Getting Good Sleep Challenge  
Book & Podcast – Jarred Cash  
Recipe – Roasted Chicken with Root Vegetables

## JUNE
Scripture Memory Challenge – 1 Corinthians 13:6  
1st Annual Family 5K Fun Run/Walk – June 11  
Men’s Health – Wear Blue Sunday June 12  
Men’s Memorization Challenge – Men’s Motto  
Video – Why Christians Should Care About Fitness - YouTube  
Recipe – Chicken Taco and Cilantro Lime Rice

## JULY
Scripture Memory Challenge – Proverbs 17:22  
Speed Friendship Challenge, July 10, 5:00 p.m.  
Ladies Tea Party – July 13, 11:30 a.m.-1:30 p.m.  
Veggie Cooking Class – July 23, 9 a.m.  
Family Connect Challenge Cards  
Book – Making Things Right at Work  
Recipe – Grilled Chicken Avocado and Mango Salad

## AUGUST
Scripture Memory Challenge – Matthew 4:4  
Fruit and Vegetable Challenge  
Health Fair – Saturday, August 13  
Diabetes Straight Talk Seminar, Saturday, August 27, 9 a.m.  
Recipe – Grilled Meat Marinade

## SEPTEMBER
Scripture Memory Challenge – 1 Thessalonians 5:23  
Faith & Finances Class – September 21, 5:00 p.m.  
Successful Aging Lunch n’ Learn – September 20, 11:30  
Spiritual Journey Commitment  
Luminosity Challenge  
Book – The Total Money Makeover by Dave Ramsey  
Recipe – Grilled Meat Marinade

## OCTOBER
Scripture Memory Challenge – Philippians 4:6  
Mindfulness Challenge  
Brown Bag Conflict Management Seminar, Oct 3, 6 pm  
Book – Resolving Everyday Conflict  
Recipe – Lemon Garlic Chicken & Green Bean Skillet

## NOVEMBER
Scripture Memory Challenge – Psalm 136:1  
Sneaker Sunday, November 6  
Grateful Giving Ideas  
21 Days of Gratefulness Challenge  
Book – The Air I Breathe: Worship as a Way of Life  
Recipe – Green Bean Casserole – The Real Food Way

## DECEMBER
Scripture Memory Challenge – Psalm 118:1  
Summary of Wellness Reach Initiative  
Recipe – Cranberry Rosemary One Pan Chicken