**HOLIDAYS & OBSERVANCES**

**2020**

**January 2020**
- January 1: New Year’s Day
- January 6: Martin Luther King Jr. Day
- January 25: Chinese New Year
- February 2: Groundhog Day
- February 14: Valentine’s Day
- February 17: First deadline for earning 2020 LiveWELL Incentives
- February 27: Random Acts of Kindness Day
- February 18: President’s Day
- February 20: National Love Your Pet Day
- March 1: Women’s History Month
- March 17: St. Patrick’s Day
- March 20: First payout opportunity for earned 2020 LiveWELL Incentives
- April 1: April Fool’s Day
- April 10: Good Friday
- April 12: Easter
- April 15: Tax Day
- April 22: Earth Day
- April 23: Ramadan begins
- May 5: Cinco de Mayo
- May 10: Mother’s Day
- May 25: Memorial Day
- June 1: LGBTQ Pride Month
- June 8: Second deadline for earning 2020 LiveWELL Incentives ($5 of 3)
- June 14: Flag Day
- June 14: Children’s Day
- June 19: Juneteenth Independence Day
- June 21: Father’s Day
- July 1: International Day of the World Refugee
- July 4: Independence Day
- July 10: Second payout opportunity for earned 2020 LiveWELL Incentives
- August 2: Friendship Day
- July 4: Independence Day
- July 14: Bastille Day
- July 15: National Day of the African American Woman
- July 16: The Fourth of July
- July 17: World Population Day
- July 18: National Ice Cream Month
- July 19: Canada Day
- July 20: South Africa Day
- July 21: United Arab Emirates National Day
- July 22: Germany Day
- July 23: World Museum Day
- July 24: World Parkinson’s Day
- July 25: American Independence Day
- July 26: National French Fry Day
- July 27: World Car Day
- July 28: World Thalassaemia Day
- July 29: World Day Against Pornography and Prostitution
- July 30: International Yoga Day
- July 31: World Day of the African Child

**2021**

**January 2021**
- January 1: New Year’s Day
- January 6: 2020 LiveWELL Incentives begin
- January 10: Payout for Core Four Incentives earned in 2019
- January 21: Martin Luther King Jr. Day
- January 25: Chinese New Year
- February 2: Black History Month
- February 2: Groundhog Day
- February 14: National Health Wear Red Day
- February 14: Valentine’s Day
- February 17: First deadline for earning 2020 LiveWELL Incentives (1 of 3)
- February 17: Random Acts of Kindness Day
- February 18: Presidents Day
- February 20: National Love Your Pet Day
- March 1: Women’s History Month
- March 17: St. Patrick’s Day
- March 20: First payout opportunity for earned 2020 LiveWELL Incentives
- April 1: April Fool’s Day
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**2022**

**January 2022**
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**NEED ASSISTANCE WITH LIVEWELL?**

Call 704-631-0263
New Year, Renew You
Voltaire began cycling as a hobby in the summer of 2012. He has now finished four full Ironman competitions. He is grateful for the support he found through LiveWELL to get in better shape and become a stronger athlete. He encourages all teammates to get out there and try something new!

Voltaire Medina
Medical Technologist
Atrium Health Steele Creek

SET A HEALTHY GOAL FOR THE YEAR
In her late teens, Kari had open heart surgery that she says heavily influenced her future. She is a firm believer that women need to be advocates for their health and quality of life to have a happy mind, body and spirit. She participates in fitness five days a week and focuses on a whole food diet with no processed foods or artificial ingredients.

Kari Crawford  
MS, APRN-BC, CPNP-AC  
APP/Specialty Care II  
Atrium Health Levine Children’s Hospital

PARTICIPATE IN A HEART HEALTHY DIET AND FITNESS ACTIVITIES
Nutrition is Everything

As a Senior Dietitian Nutritionist, Pat practices what she teaches in her nutrition classes. She grows vegetables and herbs at home and simplifies plant-based nutrition by encouraging others to incorporate at least one or two meat-free meals each week and replace one snack a day with fruits or vegetables.

Pat Fogarty, RD
Outpatient Wellness Dietitian
Atrium Health Levine Cancer Institute

CHOOSE FRUITS AND VEGETABLES OVER FOODS HIGH IN FAT
Tracie Hadley
Senior HR Consultant
Human Resources
To prevent burnout and manage her stress, Dr. Hossenlopp aims to fit in at least a 15- to 20-minute workout each day and get a minimum of seven hours of sleep each night. If she works the night shift and has to sleep during the day, she turns her phone to Do Not Disturb, makes sure her room is dark and sleeps with a night mask. Getting enough sleep and exercise helps her maintain her mental and physical health.

Cassady Hossenlopp, MD
Pediatric Resident
Atrium Health Carolinas Medical Center
## Get Fit as a Family

### Teri's Story

Teri’s daughter started running for her school Cross Country team three years ago, and her husband started running as well. In 2019, Teri and her family participated in their first 5K together. She says making time to get fit together has brought them closer as a family.

**Teri Boger**  
Risk Analyst  
Atrium Health Cabarrus

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- **June 7**: Second deadline for earning 2020 LiveWELL Incentives (2 of 3)
- **June 14**: Flag Day
- **June 15**: Children’s Day
- **June 19**: Juneteenth
- **June 21**: Father’s Day
- **June 28**: LGBTQ Pride Month
- **June 29**: Independence Day

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**Exercise Together**
Debra made a visit to her doctor for a bump on her face. Her PCP referred her to a dermatologist who lasered and shaved the spot. She was shocked when the pathology report came back positive for cancer. She underwent a Mohs procedure, which effectively removed all the cancerous cells due to early detection.

Debra Gartz
Clinic Manager
Atrium Health On-Site Care Clinics
Prevention is the Best Medicine

As the Associate Director of Sports Medicine Fellowship, Dr. Martin encourages teammates to maintain an active lifestyle and remember tips to reduce risks for injury. When getting into a new workout routine, it is key to listen to your body and seek advice from professionals. Get your annual exam, screenings and choose exercise activities appropriate for your fitness level.

Anthony Martin, MD
Associate Director
Sports Medicine Fellowship
Assistant Professor of Family Medicine
Primary Care Sports Medicine
Atrium Health
Musculoskeletal Institute

REMEMBER TIPS TO REDUCE RISKS FOR INJURY
After growing up playing contact sports, Calvin began golfing as a fun way to connect with his father, exercise and enjoy the outdoors. He likes to play a couple of times a week and walks about six miles per round. Calvin encourages men to think of their mental and physical health and well-being, get their annual exams and stay active!

Calvin Hung, FACHE, MPT
Administrator
Atrium Health Pineville
Rehabilitation Hospital

GET YOUR ANNUAL EXAM AND PROSTATE SCREENING
Sixteen years ago, Dr. Bailey-Dorton received the difficult news of being diagnosed with stage II breast cancer. To heal, she adopted integrative health techniques that combined standard medical treatments with complementary therapies, such as nutrition and exercise. To commemorate her 16th remission anniversary, she participated in the Ironman Cozumel in Mexico. She encourages all people to get screened and all survivors to get out there and spread the word!

Chasse Bailey-Dorton, MD, MSPH
Chief, Integrative Oncology
Assistant Professor of Medicine
Atrium Health Levine Cancer Institute
Diabetes Awareness

Alex was a diagnosed prediabetic before participating in the Omada weight-loss program. With the help and encouragement of a health coach on a weekly basis, he lost 52 pounds and eight pant sizes, reduced his risk for diabetes and feels better than he has in years. Alex urges all teammates to connect with LiveWELL and know your numbers.

Alex Price
Security Officer
Atrium Health Harrisburg

GET APPROPRIATE LABS FOR YOUR AGE AND GENDER
Giving is Healthy

Sifat and her team give back to the community by volunteering together at local non-profit charities. Most recently, the team created care packages for the Hospitality House of Charlotte. Acts of kindness create a lasting positive impact on the community!

Sifat Khan, Nicole Williams, Kelsey Wood, Kelly Darnell
Information & Analytic Services

PARTICIPATE IN THE GIVING CAMPAIGN OR GIVE BACK TO YOUR COMMUNITY