

JUNE DHR WELLNESS EVENTS

DENTAL HEALTH MONTH

FREE FOR ALL ACTIVE EMPLOYEES

Mindful Monday Webinar

Monday, June 2
from 12pm-1pm

Onsite Spin Class

Monday, June 2
from 12:15pm-1:15pm @FX Studios

Wellness Wednesday Webinar

Wednesday, June 4
from 12pm-1pm

Onsite Zumba

Wednesdays, June 4, 11, 18, and 25
from 12pm-1pm Location TBD- Check
portal for updates!

Preventative Care for Diabetes Webinar Series

Thursdays, June 5, 12 and 26
from 12pm-1pm

Dental Wellness Webinar

Monday, June 9
from 12pm-1pm

Onsite Acupuncture & Sound Bath

Wednesdays, June 11 and 25
from 12pm-2pm @ 7 E Redwood
15th floor

MINDful Eating Webinar

Tuesday, June 17
from 12pm-1pm
Webinar by our dietitian Therese!

Sleep Awareness Webinar

Wednesday, June 18
from 12pm-1pm

Virtual Stretch Break to Relax

Tuesday, June 24
from 11:30am-11:45am



Journal Prompt

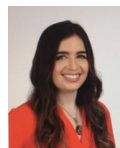
Reflect on the past six
months and write down
your biggest
accomplishments

Free Nutrition Counseling

June is brain health awareness month. Nutrition goals can help support our cognitive functioning, like adding omega 3 rich foods, colorful fruits and vegetables, mindfulness strategies, and movement.

Therese is available for individual nutrition counseling!

Reach out to
Therese.Bridges@baltimorecity.gov for more information.



Visit the COB Wellness Portal to register for
events and for more information on
additional services and resources.

<https://cobwellnessportal.com/>
(Use Group Code "COB" when registering)

Scan code here to join!

