

SEPTEMBER DHR WELLNESS EVENTS

HEALTHY AGING

FREE FOR ALL ACTIVE EMPLOYEES

Onsite Intro to Yoga

Date: Tue, September 2, 9, 16, 23, and 30

Time: 12:00pm - 1:00pm

Location: FX Studios (10 Light St)

Decrease Cholesterol, Increase Health (Virtual)

Date: Tue, September 2

Time: 12:00 - 12:30pm

Wellness Wednesday Webinar (Virtual)

Date: Wed, September 3

Time: 12:00pm - 12:50pm

Mindful Monday Webinar (Virtual)

Date: Mon, September 8

Time: 12:00 - 1:00pm

Health Topics & Prevention for Men and Women (Virtual)

Date: Mon, September 8

Time: 12:00 - 1:00pm

Onsite Acupuncture and Sound Bath Healing

Date: Wed, September 3 and 17

Time: 12:00pm - 2:00pm

Location: 7 E Redwood, 15th Floor

Enjoying the Outdoors Series (Virtual)

Date: Thu, September 4, 11, 18, and 25

Time: 12:00pm - 12:45pm

Aging Well Webinar Series (Virtual)

Date: Tue, September 9, 16, 23, and 30

Time: 12:00pm - 1:00pm

Gentle Restorative Yoga (Virtual)

Date: Tue, September 9

Time: 1:30pm - 2:30pm

Onsite Line Dancing

Date: Wed, September 10

Time: 12:00pm - 12:45pm

Location: 7 E Redwood, 15th Floor

Financial Wellbeing Webinar (Virtual)

Date: Mon, September 15

Time: 12:00pm - 1:00pm

Stretch Break to Relax (Virtual)

Date: Tue, September 16 and 30

Time: 11:30am - 11:45am

Wellbeing Wednesday Webinar (Virtual)

Date: Wed, September 17

Time: 12:00pm - 1:00pm

Healthy Aging Webinar (Virtual)

Date: Tue, September 23

Time: 12:00pm - 12:30pm

Heart Health Webinar (Virtual)

Date: Mon, September 29

Time: 12:00pm - 1:00pm

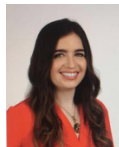


Journal Prompt

Where do you feel most happy and relaxed?

Free Nutrition Counseling

September is Healthy Aging Month and thus an opportunity to recognize the importance of taking proactive steps toward lifelong wellness. No matter your age or stage of life, it's never too late to begin making positive changes that support healthy aging. Personalized nutrition goals can enhance your quality of life as you age. **Reach out to therese.bridges@baltimorecity.gov to learn some individualized steps you can take!**



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

<https://cobwellnessportal.com/>

(Use Group Code "COB" when registering)

Scan code here to join!

