

FEBRUARY DHR WELLNESS EVENTS

HEART HEALTH MONTH

FREE FOR ALL ACTIVE EMPLOYEES

Mindful Monday Webinar

Monday, February 3
from 12pm-1pm

Wellness Wednesday Webinar

Wednesday, February 5
from 12pm-1pm

Onsite Zumba

Wednesdays, February 5, 12, 19 and
26 from 12pm-1pm @ War Memorial

Healthy Heart Webinar Series

Thursdays, February 6, 13, 20, and
27 from 12pm-1pm

Seated Stretches from Your Desk Chair Webinar

Tuesday, February 11
from 12pm-1pm

Eating for a Healthy Heart Webinar

Wednesday, February 19
from 12pm-1pm

Heart Healthy Cooking Demonstration Webinar

Tuesday, February 25
from 12pm-1pm



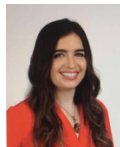
Journal Prompt

Name one physical, emotional, and
mental action step you can take to help
improve your heart health.

Dietary Considerations for Improving Heart Health

WHILE HEART HEALTH IS IMPORTANT YEAR-ROUND, FEBRUARY PROVIDES
AN OPPORTUNITY FOR A SPOTLIGHT ON HEART HEALTH.

REACH OUT IF YOU HAVE ANY QUESTIONS ABOUT SUPPORTING
YOUR HEART THROUGH NUTRITION AND MOVEMENT AT
THERESE.BRIDGES@BALTIMORECITY.GOV!



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)

