

OCTOBER DHR WELLNESS EVENTS

BREAST CANCER AWARENESS MONTH

FREE FOR ALL ACTIVE EMPLOYEES

Onsite Acupuncture and Sound Bath Healing

Date: Wed, October 1, 8
Time: 12:00pm - 2:00pm
Location: 7 E Redwood, 15th Floor

Wellness Wednesday Webinar: Preparing for

Menopause (Virtual)

Date: Wed, October 22
Time: 12:00pm - 1:00pm

Mindful Monday Webinar: Guided Meditation

(Virtual)

Date: Mon, October 6
Time: 12:00 - 1:00pm

MetLife Financial Planning:

Invest in Yourself (Virtual)

Date: Wed, October 22, 29
Time: 12:00pm & 6pm

Onsite Intro to Yoga

Date: Tue, October 7, 14, 21, 28
Time: 12:00pm - 1:00pm
Location: FX Studios (10 Light St)

Get Pink'd Navigating Breast Cancer

Awareness Webinar (Virtual)

Date: Fri, October 31
Time: 10:00am-11:00am

Our Fight Against Breast Cancer Webinar

Date: Tue, October 14
Time: 12:00 - 1:00pm



Journal Prompt

What is a fall memory that makes you smile?

Walktober Challenge!

October is ideal for walking – the temperatures are cool and the colors are spectacular. Make the most of the season by joining the Walktober Challenge!

Challenge runs from Oct 1-31

Registration opens 9/22 (Scan code here to join!)



Free Nutrition Counseling

Fall is here! The crisp air brings more opportunities to get outside and engage in joyful movement. The Walktober walking challenge starting this month is a great opportunity to work with a team for mutual encouragement or take a solo journey at your own pace! **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!

