

JULY DHR WELLNESS EVENTS

HEAT AND HEALTH MONTH

FREE FOR ALL ACTIVE EMPLOYEES

Go Further with Food Webinar:

Sustainability from Farm to Fork

Tuesday, July 1 from 12:00pm - 1:00pm

Wellness Wednesday Webinar

Wednesday, July 2 from 12:00pm - 12:45pm

Sun Smart Webinar: Protecting Your Skin & Staying Hydrated

Wednesday, July 2 from 12:00pm - 12:20pm

Onsite Acupuncture

Wednesday July 2 and 30 from 12:00pm - 2:00pm @ 7 E Redwood, 15th Floor

Onsite Soundbath Healing

Wednesday July 2 and 16 from 12:00pm - 2:00pm @ 7 E Redwood, 15th Floor

Mindful Monday Webinar

Monday July 7 from 12:00pm - 1:00pm

Get Fit While You Sit (Virtual)

Tuesday July 8 Time: 1:30pm - 2:00pm

Dermascan Analysis Mirror Screenings

Wednesday July 9 from 12:00pm - 2:00pm
@ 7 E Redwood, 15th Floor

Onsite Intro to Yoga

Tuesday July 8, 15, 22, and 29 from 12:00pm-1:00pm FX Studios (10 Light St)

Summer Safety Webinar Series

Thursday July 10, 17, 24, and 31 from 12:00pm - 12:45pm

Diabetes Awareness & Prevention Webinar

Monday July 14 from 12:00pm - 1:00pm

Stretch Break to Relax (Virtual)

Tuesday July 15 and 29 from 11:30am - 11:45am

Wellbeing Wednesday Webinar: Managing Allergies

Wednesday July 23 from 12:00pm - 1:00pm

Dimensions of Wellbeing Webinar

Monday July 28 from 12:00pm - 1:00pm



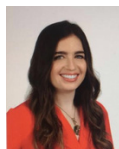
Journal Prompt

What habits or routines have helped you feel your best?

Free Nutrition Counseling

July brings the heat, and with it, the importance of hydrating! Drinking water is important, and not the only way to stay hydrated. Produce like watermelon, cucumbers, cabbage, tomatoes, and summer squash have a high water content, and are in season this summer!

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, information on additional services, and wellness resources. <https://cobwellnessportal.com/>
(Use Group Code "COB" when registering)
Scan code here to join!

