

AUGUST DHR WELLNESS EVENTS

PREVENTATIVE HEALTH

FREE FOR ALL ACTIVE EMPLOYEES

Mindful Monday Webinar (Virtual)

Date: Mon, August 4

Time: 12:00 - 1:00pm

Eating for Energy (Virtual)

Date: Tue, August 5

Time: 12:00 - 12:20pm

Onsite Acupuncture and Sound Bath Healing

Date: Wed, August 6 and 13

Time: 12:00pm - 2:00pm

Location: 7 E Redwood, 15th Floor

Onsite Intro to Yoga

Date: Tues, August 5, 12, 19, and 26

Time: 12:00pm - 1:00pm

Location: FX Studios (10 Light St)

Wellness Wednesday Webinar (Virtual)

Date: Wed, August 6

Time: 12:00pm - 12:45pm

Workplace Wellness Webinar Series (Virtual)

Date: Thu, August 7, 14, 21, and 28

Time: 12:00pm - 12:45pm

Ignite Your Immunity for Better Health (Virtual)

Date: Tue, August 12

Time: 1:30pm - 2:00pm

Stretch Break to Relax (Virtual)

Date: Tue, August 12 and 26

Time: 11:30am - 11:45am

Elevate Your Cooking Game Webinar (Virtual)

Date: Tue, August 19

Time: 12:00pm - 1:00pm

Wellbeing Wednesday: Flu Awareness (Virtual)

Date: Wed, August 20

Time: 12:00pm - 1:00pm

Onsite Reflexology

Date: Wed, August 20

Time: 12:00pm - 3:00pm

Location: 7 E Redwood, 15th Floor

Cold and Flu Prevention (Virtual)

Date: Mon, August 25

Time: 12:00pm - 1:00pm

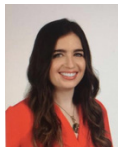


Journal Prompt

What is one thing you are grateful for this summer?

Free Nutrition Counseling

With an emphasis on preventive care this August, we're highlighting nutrition as a strategy in disease prevention. Some examples include adding colorful fruits and vegetables to our plates, including omega-3 rich foods, exploring whole grains, and so much more! However, it can be intimidating to take those first steps and challenging to implement new behaviors when we juggle so much already! **Reach out to therese.bridges@baltimorecity.gov for support and encouragement!**



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!

