



April Wellness Week



Presented by The League's Employee Activities Committee

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Mindful Monday & Orioles Home Opening Day

Dress in your best Orioles gear and make sure you get outside to take a walk or get active to honor our Oriole Birds!



Discover resources for mindful and successful meditation.

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Take a Break Tuesday

Take a break to relax your mind and body with complimentary 10 minute massages by students from the Fortis Institute.

Offered from **1:00-3:30 PM** in the classroom by Reception.



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Wellness Wednesday

 **9:00 AM**
"Squat Til You Drop!" with ELT in the Admin Hallway

11:00, 11:20, 11:40 AM
On your lunch break, join a circuit session in the garden with Oram Fields.

3:00 PM
Take a jaunt around the garden. Join members of our EAC to take a walk around the garden.

All Day Step Challenge
Make it to at least 12,000 steps today and turn in a screenshot of your step tracker to rdammers@leagueforpeople.org to win a prize!

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Think Healthy Thoughts Thursday

Join Alli from UnitedHealthCare to learn all about what healthcare benefits are available to you including Rally, Peloton, and more!

Plus grab some swag!

11:00 AM (FMCR)

2:00 PM (MPR)
The PM session will be available on [Zoom](#) and recorded. Click [Here](#) to join virtually.

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Fruitful Friday

Submit your favorite fruit-filled recipe to rdammers@leagueforpeople.org to be compiled in our Official League Cookbook to share with all staff!



Enjoy a special blended treat to end your Wellness Week. Make it healthy or indulge!