



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!