2-DAY DIGITAL EVENT SERIES

CARING + COPING

OCTOBER 21 AND 22

DAY 1 AGENDA

7:30 AM  Mindfulness Practice – learn how to practice mindfulness to handle stress.
11:00 AM  Stress Eating 101 – Managing Stress, Food, and Cravings, with WW (Weight Watchers)
12:30 PM  Live Q&A on Breast Cancer Awareness, with Kathie Joseph, Chief Breast Surgeon at Bellevue Hospital
2:00 PM  NYC Wellness Resources Roundtable – virtually meet and chat with representatives from NYC wellness vendors, including EmblemHealth, MetroPlus, EAP, CancerCare, & WW
5:00 PM  Paint and Relax – a guided painting session to unwind with fellow colleagues.

DAY 2 AGENDA

7:00 AM  Yoga and Meditation Class
9:30 AM  NYC Wellness Resources Roundtable – virtually meet and chat with representatives from NYC wellness vendors, including EmblemHealth, MetroPlus, EAP, CancerCare, & WW
11:00 AM  The Landscape of Gender-Based Violence During COVID, with Brittany Pinson, Training and Curriculum Specialist, Mayor’s Office ENDGBV
12:30 PM  Live Q&A on Building Your Mental Health Resilience, with Rebecca Linn-Walton, Assistant Vice President at Health and Hospitals
5:00 PM  Color and Chill – a group coloring session to chill out with fellow colleagues.

Register at on.nyc.gov/caringcoping