



WorkWell DIGITAL

July/August CALENDAR



MONDAY

- **Yoga**
7:00am-7:45am
INSTRUCTOR: Lillian
REGISTER HERE →
- **Martial Arts Cardio**
12:00pm-12:30pm
INSTRUCTOR: Daniel
REGISTER HERE →
- **Meditation for Intentions & Goal Setting**
1:00pm-1:20pm
INSTRUCTOR: Anupam
REGISTER HERE →
- **Chair Yoga**
5:15pm-5:45pm
INSTRUCTOR: Jennifer
REGISTER HERE →

TUESDAY

- **Yoga & Meditation**
7:00am-7:45am
INSTRUCTOR: Sojourner
REGISTER HERE →
- **Summer HIITS**
12:00pm-12:30pm
INSTRUCTOR: Darwin
REGISTER HERE →
- **Mindfulness Meditation**
1:00pm-1:20pm
INSTRUCTOR: Lillian
REGISTER HERE →
- **Pilates**
7:15pm-8:00pm
INSTRUCTOR: Tara
REGISTER HERE →

WEDNESDAY

- **Mindfulness Practice**
7:30am-7:50am
INSTRUCTOR: Kristin
REGISTER HERE →
- **Pilates**
8:00am - 8:45am
INSTRUCTOR: Katrin
REGISTER HERE →
- **Meditation Basics**
12:00pm-12:20pm
INSTRUCTOR: Kristin
REGISTER HERE →
- **Bootcamp**
1:15pm-2:00pm
INSTRUCTOR: Thomas
REGISTER HERE →
- **Chair Yoga**
5:15pm-5:45pm
INSTRUCTOR: Jennifer
REGISTER HERE →

THURSDAY

- **Yoga & Meditation**
7:00am-7:45am
INSTRUCTOR: Sojourner
REGISTER HERE →
- **Yoga**
12:00pm - 12:45pm
INSTRUCTOR: Shalyni
REGISTER HERE →
- **Mindfulness Basics**
1:00pm - 1:20pm
INSTRUCTOR: Evy
REGISTER HERE →
- **Compassion Meditation**
5:30pm - 5:50pm
INSTRUCTOR: Kristin
REGISTER HERE →

FRIDAY

- **Yoga**
7:00am-7:45am
INSTRUCTOR: Lillian
REGISTER HERE →
- **Self-Massage**
12:30pm - 12:50pm
INSTRUCTOR: Jennifer
REGISTER HERE →
- **Kickboxing**
1:15pm-2:00pm
INSTRUCTOR: Thomas
REGISTER HERE →

KEY:

- Move More
- Be Well

LEARN MORE:

@workwellnyc nyc.gov/workwellnyc workwell@olr.nyc.gov

Visit on.nyc.gov/wellnessanywhere for more information about upcoming classes and programs.



JULY EVENTS



9

LIVE Q&A: EATING WELL WITH WORKWELL

Join WorkWell NYC for a live, interactive conversation about how to eat well during this unique time. WorkWell NYC's resident nutrition specialists will be answering your questions about managing stress eating, coping with cravings, and more!

Thursday, July 9th | 4:00PM | [Register here](#)



13

LET'S TALK! SELF-CARE SUMMER

As City of New York employees, we work hard every day to take care of our city. However, in order to succeed in our roles, there's one more person that needs to be taken care of: YOU! Join us for the *Let's Talk!* Self-Care Summer, featuring weekly self-care ideas and prompts about activities you can do to develop your own self-care routines.

July 13 - August 28 | [Register here](#)



16

PROJECT XYZ: NETWORK & CHILL

Just because we're practicing social distancing doesn't mean we can't connect with our fellow colleagues from across the City. Join us for an after-work networking event from the comfort of your home! This event is designed specifically for young professionals in the City workforce.

Tuesday, July 16th | 5:00PM | [Register here](#)



23

LIVE Q&A: EATING WELL WITH WORKWELL

Join WorkWell NYC for a live, interactive conversation about how to eat well during this unique time. WorkWell NYC's resident nutrition specialists will be answering your questions about how to enjoy your favorite foods in a healthful way.

Thursday, July 23rd | 4:00PM | [Register here](#)



29

LIVE PURPOSEFULLY: NINE STEPS TO A MEANINGFUL AND VALUED LIFE

In this webinar, you will learn practical, simple steps, to increase your self-acceptance, reduce anxiety, and stress in your life.

Wednesday, July 29th | 1:00PM | [Register here](#)

AUGUST EVENTS



5

PROJECT XYZ: PAINT & SIP

Unwind after work with a virtual paint and sip! Whether you're a painting pro or newbie, we invite you to explore your artistic side from home and create your very own masterpiece. A list of suggested supplies will be provided. This event is designed specifically for young professionals in the City workforce.

Wednesday, August 5th | 5:00PM | [Register here](#)



12

FINANCIAL FITNESS: ROAD TO RETIREMENT

Navigating finances when preparing for retirement can feel intimidating. Even if you still have a lot of time before you can retire, it's never too soon to start planning. In this webinar, you'll learn about how to retire from the City of New York and how to set yourself up for financial success in retirement.

Wednesday, August 12th | 1:00PM | [Register here](#)