

# Wellness Weeks Volunteers Needed

## COR EMPLOYEE

## 'WELLNESS WEEKS'



### SEPTEMBER - OCTOBER 2019

**Each week will run  
as follows:**



Hi, my name is Christina Higgs, the COR Acting Health & Wellness Coordinator.

Instead of the annual "Health Fair", the City will be hosting "**Wellness Weeks**" at different locations with the hopes of reaching MORE employees and offering various activities.

### Details

**Weeks run as follows:**

**September 9-13**

DPU Op Center (400 Jefferson Davis Highway)

**September 16-20**

Richmond Police Academy (1202 West Graham Road)

**September 23-27**

City Hall (900 East Broad Street)

**September 30 – October 4**

DSS-Southside Plaza (4100 Hull Street)

**October 7-11**

City Hall (900 East Broad Street)

We are in need volunteers each day Monday-Friday for; set up, vendor registration, employee registration, wellness incentive form, incentive table, exit tables, clean up, and floaters at each event.

Shifts will run in increments of 2hrs from 9am-4pm.

Due to changes of the event, there will not be lunch provided.

Please let me know if you are interested including your T-Shirt Polo sizes.

Thank you for your help,

**Christina A. Higgs, Management Analyst, Associate**

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