



WELCOME TO  **RVAHR**

# Health & Wellness Weeks 2019!



September 9<sup>th</sup> - October 11<sup>th</sup>

You are invited to the **City of Richmond's Health & Wellness Weeks!** The "Health Fair" of the past has been expanded to reach **MORE** employees and offer **MORE** activities. There will be incentives, chances to win prizes, and lots of learning opportunities promoting a holistic approach to wellness! Wellness Weeks will include Financial Wellness, Healthy Eating, Stress Management, Fitness, Vendors and more! Come join us!

In the chart below, look for the week when we will be hosting your department. *(Be sure to schedule any time away from your job with your supervisor!)*

WEEK	INVITED DEPARTMENTS*	LOCATION	ADDRESS
Sept 9-13	Public Utilities and Public Works	Public Utilities - Atrium	400 Jefferson Davis Highway
Sept 16-20	Police and Fire	Police Academy	1202 West Graham Road
Sept 23-27	Mayor's Office, CAO's Office, Council Offices, Council Chief of Staff, City Clerk, City Auditor, City Attorney, City Assessor, Inspector General, Retirement Department, Press Secretary, Minority Business, Finance, DIT, HR, Procurement and Budget	City Hall - 9th Floor HR Training Room	900 E Broad Street
Sept 30-Oct 4	Social Services, Justice Services, Human Services, Emergency Communications, and Parks & Recreation	Social Services-Southside Training Room A	4100 Hull Street
Oct 7-11	All other City employees in departments not listed above	City Hall - 9th Floor HR Training Room	900 E Broad Street

\* If you are an employee in the invited department, please attend on the week assigned to your department. If you are unable to attend during the week assigned to your department, you may attend sessions in one of the other weeks.

## Weekly Wellness Workshops!

### Monday's Theme - Financial Wellness

**Sept 9, 16, 23, 30, & Oct 7 Sessions are as follows:**

9:30am - 2:00pm	Registration
10:00am - 11:00am	ICMA -Tax Deferred Savings
11:00am - 12:30pm	RVA Financial-Budgeting and Saving
12:45pm - 1:00pm	Read-The services and hands-on help that Read offers with basic, everyday financial functions
1:00pm - 1:30pm	HR-Ways to earn money through Cigna's Motivate Me; and ways to save money with TicketsAtWork
1:30pm - 2:30pm	RVA Financial-Managing Credit

### Tuesday's Theme - Healthy Eating

**Sept 10, 17, 24, Oct 1, & Oct 8 Sessions are as follows:**

9:30am - 1:30pm	Registration
10:00am - 11:00am	<b>Sept 10, 17 &amp; 24</b> - RVAg-Food/Cooking Demos <b>Oct 1</b> - Healthy Cooking Demo <b>Oct 8</b> - HCA-Portion Control
11:00am - 12:00pm	<b>Sept 10</b> - HCA-Foods and Moods <b>Sept 17 &amp; 24</b> - RVAg-Food/Cooking Demos <b>Oct 1</b> - Healthy Cooking Demo <b>Oct 8</b> - HCA-Portion Control
12:00pm - 1:00pm	<b>Sept 10</b> - EAP-Fresh Look at Healthy Eating <b>Sept 17 &amp; 24</b> - Healthy Cooking Demo <b>Oct 1 &amp; 8</b> - RVAg-Cooking Demo
1:00pm - 2:00pm	<b>Sept 10</b> - HCA-Foods and Moods <b>Sept 17</b> - American Heart Assoc-Simple Cooking <b>Sept 24 &amp; Oct 1</b> - Healthy Cooking Demo <b>Oct 8</b> - RVAg-Cooking Demo

### Wednesday's Theme - Stress Management

**Sept 11 & Oct 9 Sessions are as follows:**

9:30am - 11:30am	Registration
10:00am - 11:00am	<b>Sept 11</b> - Cigna - Massage Chairs <b>Oct 9</b> - Cigna - Massage Chairs
11:00am - 12:00pm	<b>Sept 11</b> - EAP-Stress Less
1:00pm - 2:00pm	<b>Oct 9</b> - BreathWork-Reducing Stress
<b>Sept 18, 25 &amp; Oct 2 Sessions are as follows:</b>	
10:30am - 1:30pm	Registration
11:00am - 12:00pm	Heartfulness -Stress Management
12:00pm - 1:00pm	<b>Sept 18</b> - EAP-Stress Relief <b>Sept 25</b> - EAP-Refresh, Refocus, Relax <b>Oct 2</b> - EAP-Mindfulness
1:00pm - 2:00pm	BreathWork-Reducing Stress

### Thursday's Theme - Vendor Fair

**Sept 12, 19, 26, Oct 3, & Oct 10 Sessions are as follows:**

9:30am - 1:20pm	Registration
10:00am - 1:30pm	Vendor Fair

### Friday's Theme - Fitness

9:30am - 1:30pm	Registration
10:00am - 11:00am	<b>Sept 13, 27 &amp; Oct 4</b> - Get Fit While You Sit <b>Sept 20</b> - Aerobic Basics <b>Oct 11</b> - Aerobic Basics
11:00am - 12:00pm	<b>Sept 13, 27, &amp; Oct 4</b> - Get Fit While You Sit <b>Sept 20</b> - Aerobic Basics <b>Oct 11</b> - Aerobic Basics
12:00pm - 1:00pm	<b>Sept 13 &amp; Oct 4</b> - Aerobic Basics <b>Sept 20 &amp; Oct 11</b> - Get Fit While You Sit <b>Sept 27</b> - Gold's Gym
1:00pm - 2:00pm	<b>Sept 13 &amp; Oct 4</b> - Aerobic Basics <b>Sept 20 &amp; Oct 11</b> - Get Fit While You Sit <b>Sept 27</b> - Gold's Gym