



## WE-Fit Program Calendar July 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> City Hall screening event	<b>2</b> Justice Center screening event	<b>3</b> Police Academy screening event	<b>4</b> <b>HOLIDAY</b> Independence Day	<b>5</b>	<b>6</b>
<b>7</b>	<b>8</b> DPU Op Center screening event	<b>9</b> DPU Douglasdale Rd. screening event	<b>10</b> DSS-Marshall Plaza screening event	<b>11</b> DPW-North Hopkins Rd. screening event 11:45 a.m. – 12:15 p.m. Weight Watchers; City Hall	<b>12</b> City Hall screening event  Parks and Rec – Owl Prowl	<b>13</b>
<b>14</b>	<b>15</b> DPU-Brander St. screening event Noon – 12:45 p.m. EAP Wellness Session “Healthy Eating For Kids”	<b>16</b> DPU Op Center screening event	<b>17</b> Police Academy screening event	<b>18</b> City Hall screening event 11:45 a.m. – 12:15 p.m. Weight Watchers; City Hall	<b>19</b> DSS-Southside Plaza screening event	<b>20</b>
<b>21</b>	<b>22</b>	<b>23</b> DSS-Marshall Plaza screening event	<b>24</b> Fire HQ screening event	<b>25</b> DSS-Southside Plaza screening event 11:45 a.m. – 12:15 p.m. Weight Watchers; City Hall	<b>26</b> Police Academy screening event	<b>27</b>
<b>28</b>	<b>29</b> John Marshall Courts screening event	<b>30</b> City Hall screening event	<b>31</b>			

Health Assessment Initiative for employees and spouses on a Cigna medical plan runs July 1 – August 31, 2019. Contact the HR Solutions Desk at 646-5660 for more information.

