



WE-Fit Program Calendar July 2019

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

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.

