



Healthy Cooking Demo's

The Healthy@Harris team is offering in-person wellness activities across the system. Everyone who participates will earn Wellness Points on www.mycigna.com.

ONLINE OPTION: Please visit the [Employee Wellness Calendar](#) for our virtual options.

(Workshop = 50 Points Class = 50 Points Meditation = 20 Points E&L = 5 Points)

Activity	Date	Time
Summer Salad	Monday, June 5th	12pm-1pm
Smoothies & Popsicles	Monday, July 3rd	12pm-1pm
Cooking with Kids—Back to School Lunches	Monday, August 7th	12pm-1pm
Mediterranean Soup	Monday, September 18th	12pm-1pm
Healthy Pumpkin Bread	Monday, October 2nd	12pm-1pm
Protein Power Bowls	Monday, November 6th	12pm-1pm
Pumpkin Bread	Wednesday, November 15th	12pm-12:30pm
Holiday Cookies	Wednesday, December 6th	12pm-1pm
Lentil Soup	Tuesday, December 12th	12pm-12:30pm
Hearty Winter Stews	Monday, January 8th	12pm-1pm
Chocolate!	Monday, February 5th	12pm-1pm