



Baytown Health Clinic August 2022

The Healthy@Harris team will be offering in-person wellness classes and workshops across the system. Everyone who participates will earn 50 Wellness Points on www.mycigna.com.

ONLINE OPTION: If you cannot make it to an in-person class, please visit the Employee Wellness Calendar and SABA for our other virtual options.

Topic	Day	Date	Time
Well Powered Living 1.0 Class 3: Emotional Energy	Friday	July 29th	12:00PM & 12:30PM
Well Powered Living 1.0 Class 4: Mental Energy	Friday	August 5th	12:00PM & 12:30PM
Well Powered Living 1.0 Class 5: Spiritual Energy	Friday	August 19th	12:00PM & 12:30PM
Mind Wandering Workshop	Friday	August 26th	12PM & 12:30PM



Ben Taub Hospital

August 2022

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ONLINE OPTION: If you cannot make it to an in-person class, please visit the Employee Wellness Calendar and SABA for our other virtual options.

Activity	Date	Location	Time
Dream Workshop	Wednesday, August 3rd	4th Floor Conference Room	10:00AM & 10:30AM
Mind Wandering Workshop	Wednesday, August 17th	4th Floor Conference Room	1:30PM & 2:00PM
Dream Workshop	Wednesday, August 24th	4th Floor Conference Room	10:30AM—11:00AM



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Topic	Location	Date	Time
Mind Wandering Workshop	C340	Tuesday, August 9th	12PM & 12:30PM



Gulfgate Health Clinic August 2022

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Topic	Day	Date	Time
Well Powered Living 1.0 Class 5: Spiritual Energy	Wednesday	August 3rd	12:00PM & 12:30PM
Mind Wandering Workshop	Wednesday	August 17th	12:00PM & 12:30PM



LBJ Hospital

August 2022

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ONLINE OPTION: If you cannot make it to an in-person class, please visit the Employee Wellness Calendar and SABA for our other virtual options.

Activity	Date	Location	Time
Dream Workshop	Thursday, August 4th	Auditorium	1:00PM & 1:30PM
Mind Wandering Workshop	Thursday, August 18th	East Wing 216/217	12PM & 12:30PM
Dream Workshop	Thursday, August 25th	East Wing 216/217	10AM & 10:30AM



Strawberry Health Clinic August 2022

The Healthy@Harris team will be offering in-person wellness classes and workshops across the system. Everyone who participates will earn 50 Wellness Points on www.mycigna.com.

ONLINE OPTION: If you cannot make it to an in-person class, please visit the Employee Wellness Calendar and SABA for our other virtual options.

Topic	Day	Date	Time
Well Powered Living 1.0 Class 3: Emotional Energy	Monday	August 1st	12:00PM & 12:30PM
Well Powered Living 1.0 Class 4: Mental Energy	Monday	August 8th	12:00PM & 12:30PM
Well Powered Living 1.0 Class 5: Spiritual Energy	Monday	August 22nd	12:00PM & 12:30PM
Mind Wandering Workshop	Monday	August 29th	12:00PM & 12:30PM