



Relaxathon

November 2022

The Healthy@Harris team will be hosting Relaxathons throughout November and December. Join us for a variety of well-being activities including chair massage, creating a holiday card for a patient, and a fun gratitude activity! As a special treat we invite you to enjoy hot chocolate on a spoon, on us!

Everyone who participates will earn 100 Wellness Points on www.mycigna.com for attending this special event. Employee Wellness can only award credit for one special event per day and you may only participate in one Relaxathon. Activities are based on a first come, first serve basis and will be available while supplies last.

Location	Room(s)	Day	Date	Time
Fournace	C340	Thursday	11/10/22	8:30am-2:30pm
Correctional Health	HSCO Conference Room	Friday	11/11/22	8:30am-3:00pm
Kirby	PPAO Office	Tuesday	11/15/22	9:30am-1:30pm
Casa De Amigos Health Center	Conference Room	Wednesday	11/16/22	9:30am-1:30pm
Acres Home	Large Conference Room	Thursday	11/17/22	9:30am-1:30pm
Settegast Health Center	Conference Room	Friday	11/18/22	10:30am-2:30pm
Gulfgate	Conference Room	Monday	11/28/22	9:30am-1:30pm
Smith Clinic	4th Floor Conference Room	Tuesday	11/29/22	8:30am-2:30pm
Baytown Health Center	Conference Room	Wednesday	11/30/22	12:00pm-4:00pm



Ben Taub Hospital

November 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.

Activity	Date	Location	Time
Bingo	11/9/22 Wednesday	4th Floor Conference Room	10:00AM & 10:30AM
Perseverance Workshop	11/16/22 Wednesday	4th Floor Conference Room	1:00PM & 1:30PM



4800 Fournace November 2022

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Topic	Location	Date	Time
Bingo	C340	11/8/22 Tuesday	12pm—1pm
Relaxathon	C340	11/10/22 Thursday	8:30AM—2:30PM
Turkey Trot	Courtyard	11/15/22 Tuesday	11:30AM—12PM



LBJ Hospital

November 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.

Activity	Date	Location	Time
Bingo	11/10/22 Thursday	Annex Room 216/217	10AM & 10:30AM
Perseverance Workshop	11/17/22 Thursday	Annex Room 216/217	1PM & 1:30PM