



Acres Homes April 2023

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)

Topic	Location	Date	Time
Generosity Workshop	Conference	Thursday, April 27th	12:30PM



Aldine April 2023

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)

Topic	Location	Date	Time
Generosity Workshop	Conference	Friday, April 21st	12:30PM



Ben Taub Hospital

April 2023

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	Location	Time
Emotional Intelligence 2.0— "Big Feelings" Class 1 Intro & Uncertainty	Tuesday, April 4th	4th Floor Conference Room	1pm & 1:30pm
Generosity Workshop	Tuesday, April 18th	4th Floor Conference Room	11am & 11:30
Emotional Intelligence 2.0— "Big Feelings" Class 2 Com- parison	Tuesday, April 25th	4th Floor Conference Room	1pm & 1:30pm



CHCNW April 2023

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)

Topic	Location	Date	Time
EQ 2.0 Big Feelings— Intro & Uncertainty	Conference Room	Thursday, April 20th	10AM—11AM
Meditation	Conference Room	Thursday, April 20th	11:05AM—11:15AM
Generosity Workshop	Conference Room	Thursday, April 20th	11:15AM—11:45AM
Meditation	Conference Room	Thursday, April 20th	11:50AM—12:00PM
EQ 2.0 Big Feelings— Intro & Uncertainty	Conference Room	Thursday, April 20th	12:30PM—1:30PM
Meditation	Conference Room	Thursday, April 20th	1:35PM—1:45PM
Generosity Workshop	Conference Room	Thursday, April 20th	1:45PM—2:15PM



El Franco Lee

April 2023

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)

Topic	Location	Date	Time
EQ 2.0 Big Feelings— Intro & Uncertainty	Conference Room	Friday, April 14th	12:00PM—1:00PM
Meditation	Conference Room	Friday, April 14th	1:05PM—1:15PM
Generosity Workshop	Conference Room	Friday, April 14th	1:15PM—1:45PM
Meditation	Conference Room	Friday, April 14th	1:50PM—2:00PM



4800 Fournace April 2023

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)

Topic	Location	Date	Time
Generosity Workshop	C340	Tuesday, April 11th	12PM & 12:30PM
EQ 2.0 Big Feelings— Intro & Uncertainty	C340	Wednesday, April 19th	11:30AM—12:30PM
Meditation	C340	Wednesday, April 19th	12:35PM—12:45PM
Generosity Workshop	C340	Wednesday, April 19th	12:45PM—1:15PM
Meditation	C340	Wednesday, April 19th	1:15PM—1:25PM



LBJ Hospital

April 2023

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
Emotional Intelligence 2.0— "Big Feelings" Class 1 Intro & Uncertainty	Thursday, April 6h	LBJ UT Annex Auditorium	10am & 10:30am
Generosity Workshop	Thursday, April 13th	Annex Room 216/217	1:30pm & 2pm
Emotional Intelligence 2.0— "Big Feelings" Class 2 Com- parison	Thursday, April 20th	Annex Room 216/217	10am & 10:30am
Generosity Workshop	Thursday, April 27th	Annex Room 216/217	1pm & 1:30pm



MLK April 2023

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)

Topic	Location	Date	Time
EQ 2.0 Big Feelings— Intro & Uncertainty	Conference Room	Wednesday, April 26th	11:30AM—12:30PM
Meditation	Conference Room	Wednesday, April 26th	12:35PM—12:45PM
Generosity Workshop	Conference Room	Wednesday, April 26th	12:45PM—1:15PM
Meditation	Conference Room	Wednesday, April 26th	1:15PM—1:25PM



Smith Clinic April 2023

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)

Topic	Location	Date	Time
EQ 2.0 Big Feelings— Intro & Uncertainty	Conference Room	Thursday, April 18th	11:30AM—12:30PM
Meditation	Conference Room	Thursday, April 18th	12:35PM—12:45PM
Generosity Workshop	Conference Room	Thursday, April 18th	12:45PM—1:15PM
Meditation	Conference Room	Thursday, April 18th	1:15PM—1:25PM



Thomas Street April 2023

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)

Topic	Location	Date	Time
EQ 2.0 Big Feelings— Intro & Uncertainty	Conference Room	Thursday, April 13th	11:30AM—12:30PM
Meditation	Conference Room	Thursday, April 13th	12:35PM—12:45PM
Generosity Workshop	Conference Room	Thursday, April 13th	12:45PM—1:15PM
Meditation	Conference Room	Thursday, April 13th	1:15PM—1:25PM



Valbona April 2023

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)

Topic	Location	Date	Time
EQ 2.0 Big Feelings— Intro & Uncertainty	Conference Room	Wednesday, April 5th	12:00PM—1:00PM
Meditation	Conference Room	Wednesday, April 5th	1:05PM—1:15PM
Generosity Workshop	Conference Room	Wednesday, April 5th	1:15PM—1:45PM
Meditation	Conference Room	Wednesday, April 5th	1:50PM—2:00PM