



## Relaxathon December 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](http://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.

Location	Room(s)	Day	Date	Time
Northwest Health Center	Conference Room	Thursday	12/1/22	9:30am-1:30pm
MLK Health Center	Classroom A & B	Friday	12/2/22	9:30am-1:30pm
CHC	Charley Moore Boardroom	Monday	12/5/22	9:00am-1:30pm
CHC Northwest	Cactus Conference Room	Tuesday	12/6/22	9:30am-1:30pm
Squatty Lyons	Conference Room	Wednesday	12/7/22	9:30am-1:30pm
Ben Taub	4th Floor Conference Room	Thursday	12/8/22	8:00am-8:00pm
Loop Central	Conference Room/Kitchen	Friday	12/9/22	9:30am-1:30pm
Strawberry Health Center	Conference Room	Tuesday	12/13/22	9:30am-1:30pm
Thomas Street	3rd Floor Conference Room	Wednesday	12/14/22	9:30am-1:30pm
Aldine Health Center	Conference Room	Thursday	12/15/22	9:30am-1:30pm
El Franco Lee	2nd Floor Multipurpose Room	Friday	12/16/22	9:30am-1:30pm
Vallbona	Conference Room	Wednesday	12/21/22	9:30am-1:30pm
LBJ	Annex 212 & 210	Thursday	12/22/22	8:00am—8:00pm