Relaxathon 2026

Take a break and relax! The Healthy@Harris Employee Wellness team is hosting Relaxathons throughout November and December. Join us for a variety of well-being activities including chair massage, a trail mix station, Christmas Card decorating and special giveaways! Earn 100 Wellness Points for participating in this special event. Activities will be available on a first-come, first-served basis while supplies last. You do not need to stay for the entire duration of the event.

Location	Room	Day	Date	Fair Time
Aldine	Conference Room	Wednesday	11/4/2026	11:30am-3:30pm
CHC	Training Room 617	Wednesday	11/11/2026	10:00am-2:00pm
IT Warehouse	Conference Room	Wednesday	11/11/2026	7:00am-10:00am
El Franco Lee Health Center	2nd Floor Multipurpose Room	Thursday	11/12/2026	11:00am - 3:00pm
Northwest Health Center	Conference Room	Thursday	11/12/2026	12:00pm-4:00pm
Vallbona Health Center	Conference Room	Friday	11/13/2026	11:00am-3:00pm
LBJ Hospital	East Wing Rooms Annex 216/217	Tuesday	11/17/2026	8:00am-8:00pm
MLK Health Center	Classroom A & B	Wednesday	11/18/2026	11:00am-3:00pm
Baytown Health Center	Conference Room	Thursday	11/19/2026	10:00am-2:00pm
Acres Home Health Center	Large Conference Room	Tuesday	12/1/2026	9:00am- 1:00pm
Fournace	BAX 116/118 (First floor)	Wednesday	12/2/2026	9:00am-3:00pm
Loop Central	Conference Room/Kitchen	Thursday	12/3/2026	9:00am-1:00pm
Smith Clinic	Fourth Floor Conference Room	Thursday	12/3/2026	10:00am-4:00pm
Correctional Health	HSCO Conference Room	Thursday	12/3/2026	3:00pm-8:00pm
Pasadena Health Center	TBD	Friday	12/4/2026	9:00am-12:00pm
Ben Taub Hospital	Houston A/B Conference Room (Tower)	Tuesday	12/8/2026	8:00am-8:00pm
Quentin Mease	2nd Floor Conference	Wednesday	12/9/2026	11:00am - 3:00pm
Kirby	PPAO Office	Thursday	12/10/2026	9:00am-1:00pm
Danny Jackson Health Center	TBD	Thursday	12/10/2026	2:00pm-4:00pm
Squatty Lyons Health Center	Conference Room	Friday	12/11/2026	10am-12pm
Strawberry Health Center	Conference Room	Friday	12/11/2026	12pm - 4pm
Sareen Clinic	TBD	Monday	12/14/2026	10:00am- 12:00pm
Cleveland E Odom Health Center	TBD	Tuesday	12/15/2026	1:00pm- 3:00pm
Casa De Amigos Health Center	Conference Room	Wednesday	12/16/2026	9am - 1pm
Sunset Heights Clinic	TBD	Thursday	12/17/2026	10:00am-12:00pm
Cypress Health Center	TBD	Friday	12/18/2026	2:00pm-4:00pm
Gulfgate Health Center	Conference Room	Friday	12/18/2026	12:00pm - 4:00pm
Settegast Health Center	Conference Room	Friday	12/18/2026	9:00am-1:00pm