HEALTHY@HARRIS
Caring for ourselves so we can care for others

HARRISHEALTH SYSTEM

Well-Powered Living

The Healthy@Harris team is presenting a new class series for those who are ready achieve maximum performance in all areas of life. In **Well-powered Living 1.0**, you will learn to build a well-powered lifestyle by managing your physical, emotional, mental, and spiritual energy. In **Well-powered Living 2.0**, you will learn about topics such as healthy eating, movement, sleep, and self-care. Please click on the links below to join the class. **Event password: Wellness**

Participants will earn 50 Premium Points on www.mycigna.com. Please note that you can only receive credit for one Healthy Knowledge Seminar or Wellness Workshop per day.

	11-11:30am	11:30am-12pm	12-12:30pm	12:30-1pm	1-1:30pm	3-3:30pm
April 6	Click Here to Join Class 1.1	Click Here to Join Class 1.1	Click Here to Join Class 1.1	Click Here to Join Class 1.1	Click Here to Join Class 1.1	Click Here to Join Class 1.1
April 8	Click Here to Join Class 1.2	Click Here to Join Class 1.2	Click Here to Join Class 1.2	Click Here to Join Class 1.2	Click Here to Join Class 1.2	Click Here to Join Class 1.2
April 10	Click Here to Join Class 1.3	Click Here to Join Class 1.3	Click Here to Join Class 1.3	Click Here to Join Class 1.3	Click Here to Join Class 1.3	No Class
April 14	Click Here to Join Class 1.4	Click Here to Join Class 1.4	Click Here to Join Class 1.4	Click Here to Join Class 1.4	Click Here to Join Class 1.4	Click Here to Join Class 1.4
April 16	Click Here to Join Class 1.5	Click Here to Join Class 1.5	Click Here to Join Class 1.5	Click Here to Join Class 1.5	Click Here to Join Class 1.5	Click Here to Join Class 1.5
April 20	Click Here to Join Class 2.1	Click Here to Join Class 2.1	Click Here to Join Class 2.1	Click Here to Join Class 2.1	Click Here to Join Class 2.1	Click Here to Join Class 2.1
April 22	Click Here to Join Class 2.2	Click Here to Join Class 2.2	Click Here to Join Class 2.2	Click Here to Join Class 2.2	Click Here to Join Class 2.2	Click Here to Join Class 2.2
April 24	Click Here to Join Class 2.3	Click Here to Join Class 2.3	Click Here to Join Class 2.3	Click Here to Join Class 2.3	Click Here to Join Class 2.3	No Class
April 28	Click Here to Join Class 2.4	Click Here to Join Class 2.4	Click Here to Join Class 2.4	Click Here to Join Class 2.4	Click Here to Join Class 2.4	Click Here to Join Class 2.4