



Wellness Workshop: Being a Wise Healthcare Consumer June 2020

The Healthy@Harris team will be hosting wellness workshops and seminars each month. The topic for this month is Being a Wise Healthcare Consumer.

Please **click on the links below** to join each workshop via Webex. 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.

	1:30pm—2pm	3pm—3:30pm
June 1	Click Here to Join Class	Click Here to Join Class
June 2	Click Here to Join Class	Click Here to Join Class
June 3	Click Here to Join Class	Click Here to Join Class
June 4	Click Here to Join Class	Click Here to Join Class
June 5	Click Here to Join Class	Click Here to Join Class
June 8	Click Here to Join Class	No Class
June 9	Click Here to Join Class	Click Here to Join Class
June 10	Click Here to Join Class	Click Here to Join Class
June 11	Click Here to Join Class	Click Here to Join Class
June 12	Click Here to Join Class	Click Here to Join Class

	1:30pm—2pm	3pm—3:30pm
June 15	Click Here to Join Class	Click Here to Join Class
June 16	Click Here to Join Class	Click Here to Join Class
June 17	Click Here to Join Class	Click Here to Join Class
June 18	Click Here to Join Class	Click Here to Join Class
June 19	Click Here to Join Class	Click Here to Join Class
June 22	Click Here to Join Class	No Class
June 23	Click Here to Join Class	Click Here to Join Class
June 24	Click Here to Join Class	Click Here to Join Class
June 25	Click Here to Join Class	Click Here to Join Class
June 29	Click Here to Join Class	Click Here to Join Class
June 30	Click Here to Join Class	Click Here to Join Class