



Wellness Workshops: Healthy Boundaries

April 2020

The Healthy@Harris team will be hosting wellness workshops and seminars each month. The topic for this month is Healthy Boundaries. 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.

	April 1	April 2	April 3	April 29	April 30
9:00—9:30am	Click Here to Join Class	Click Here to Join Class	Click Here to Join Class	Click Here to Join Class	Click Here to Join Class
10:30—11am	Click Here to Join Class	Click Here to Join Class	Click Here to Join Class	Click Here to Join Class	Click Here to Join Class
11—11:30am	Click Here to Join Class	Click Here to Join Class	Click Here to Join Class	Click Here to Join Class	Click Here to Join Class
11:30am —12pm	Click Here to Join Class	Click Here to Join Class	Click Here to Join Class	Click Here to Join Class	Click Here to Join Class
12—12:30pm	Click Here to Join Class	Click Here to Join Class	Click Here to Join Class	Click Here to Join Class	Click Here to Join Class
12:30—1pm	Click Here to Join Class	Click Here to Join Class	Click Here to Join Class	Click Here to Join Class	Click Here to Join Class
1—1:30pm	Click Here to Join Class	Click Here to Join Class	Click Here to Join Class	Click Here to Join Class	Click Here to Join Class
3—3:30pm	Click Here to Join Class	Click Here to Join Class	No Class	Click Here to Join Class	Click Here to Join Class