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

HARRISHEALTH SYSTEM

Healthy Telecommuting 101

The Healthy@Harris team is presenting a new class series for everyone who is telecommuting during this difficult time. In this class, you will learn how to set up a **healthy work space**, how to **stay social while staying safe**, the **importance of routine**, and how to **stay active while at home**. 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.

Time / Date	9-9:30am	10:30-11am	11-11:30am	11:30am-12pm	12-12:30pm	12:30-1pm	1-1:30pm	3-3:30pm
4/7	Click Here to Join Class 1	Click Here to Join Class 1	Click Here to Join Class 1	Click Here to Join Class 1	Click Here to Join Class 1	Click Here to Join Class1	Click Here to Join Class1	Click Here to Join Class 1
4/9	Click Here to Join Class 2	Click Here to Join Class 2	Click Here to Join Class 2	Click Here to Join Class 2	Click Here to Join Class 2	Click Here to Join Class 2	Click Here to Join Class 2	Click Here to Join Class 2
4/13	No Class	Click Here to Join Class 3	Click Here to Join Class 3	Click Here to Join Class 3	Click Here to Join Class 3	Click Here to Join Class 3	Click Here to Join Class 3	Click Here to Join Class 3
4/15	Click Here to Join Class 4	Click Here to Join Class 4	Click Here to Join Class 4	Click Here to Join Class 4	Click Here to Join Class 4	Click Here to Join Class 4	Click Here to Join Class 4	Click Here to Join Class 4
4/17	No Class	Click Here to Join Class 1	Click Here to Join Class 1	Click Here to Join Class 1	Click Here to Join Class 1	Click Here to Join Class 1	Click Here to Join Class 1	No Class
4/21	Click Here to Join Class 2	Click Here to Join Class 2	Click Here to Join Class 2	Click Here to Join Class 2	Click Here to Join Class 2	Click Here to Join Class 2	Click Here to Join Class 2	Click Here to Join Class 2
4/23	Click Here to Join Class 3	Click Here to Join Class 3	Click Here to Join Class 3	Click Here to Join Class 3	Click Here to Join Class 3	Click Here to Join Class 3	Click Here to Join Class 3	Click Here to Join Class 3
4/27	No Class	Click Here to Join Class 4	Click Here to Join Class 4	Click Here to Join Class 4	Click Here to Join Class 4	Click Here to Join Class 4	Click Here to Join Class 4	Click Here to Join Class 4