



Relaxathon 2023—December

Join us for a variety of well-being activities including chair massage, creating a holiday card for a patient, and a fun gratitude activity! As a special treat we invite you to enjoy a delicious Smore's on us!

Everyone who participates will earn 100 Wellness Points on www.mycigna.com for attending this special event. Employee Wellness can only award credit for one special event per day and you may only participate in one Relaxathon. Activities are based on a first come, first serve basis and will be available while supplies last.

Location	Room(s)	Day	Date	Time
MLK Health Center	Classroom A & B	Friday	12/1/23	9am—1pm
Aldine Health Center	Conference Room	Monday	12/4/23	9am—1pm
Ben Taub	4th Floor Conference Room	Tuesday	12/5/23	8am—8pm
Vallbona	Conference Room	Wednesday	12/6/23	9am—1pm
Smith Clinic	4th Floor Conference Room	Thursday	12/7/23	9am—3pm
Squatty Lyons	Conference Room	Monday	12/11/23	9am—1pm
Baytown Health Center	Conference Room	Tuesday	12/12/23	12pm—4pm
El Franco Lee	2nd Floor Multipurpose Room	Wednesday	12/13/23	9am—1pm
Kirby	PPAO Office	Thursday	12/14/23	9am—1pm
CHC S Loop W	Charley Moore Boardroom	Monday	12/18/23	9am-1:30pm
Fournace	C340	Tuesday	12/19/23	9am—3pm
Strawberry	Conference Room	Wednesday	12/20/23	9am—1pm
LBJ	Annex 212 & 210	Thursday	12/21/23	8:00am—8:00pm