

# September

## Wellness Events

2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15 Anthem: <u>Resiliency: Bounce Back Stronger</u> 11AM – 12 PM Password: h1Y3mU1vdF1	16	17	18
19	20 Registration begins for the 2 <sup>nd</sup> Annual CSJ Walktober Challenge (Live link will be provided on 9/17/21)	21 *Kaiser: <u>Sleep Your Way to Better Health</u> 12PM – 1PM	22	23	24 Voya Brown Bag: <u>Deferred Compensation 101</u> 11AM – 12 PM	25
26	27	28	29 MHN: <u>Fitness: Putting Your Health First</u> 11AM-12PM Passcode: 661684 <u>Putting Your Health First Class Handout</u>	30		

Questions? Email [HRBenefits@sanjoseca.gov](mailto:HRBenefits@sanjoseca.gov) | [Wellness Events Page](#)

Some classes include handouts, please check the [Wellness Events Page](#) for any class materials.

\*Participants must use Google Chrome or Microsoft Edge browsers – this webinar platform does not work in Internet Explorer.

