

# September

## Wellness Events

# 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13 MHN: <a href="#">Mindfulness for Beginners with Dr. Stephen Dannenbaum</a> 12 PM – 1 PM Passcode: 934824	14	15	16	17
18	19 Walktober Registration Begins Sept. 19!	20	21	22 Anthem: <a href="#">Workday Workouts</a> 11 AM – 12 PM Passcode: f3E94CqJ4Co	23	24
25	26	27 Voya: <a href="#">Brown Bag for Deferred Compensation 101</a> 11 AM – 12 PM	28	29 Kaiser: <a href="#">Sleep Your Way to Better Health</a> 12 PM – 1 PM	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.