

# Keep Calm & Relax Meditation Series

## November & December

2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28 <a href="#">8:30 am – 8:45 am</a> <a href="#">2:00 pm – 2:15 pm</a>	29	30 <a href="#">8:30 am – 8:45 am</a> <a href="#">2:00 pm – 2:15 pm</a>	1	2 <a href="#">8:30 am – 8:45 am</a> <a href="#">2:00 pm – 2:15 pm</a>	3
4	5 <a href="#">8:30 am – 8:45 am</a> <a href="#">2:00 pm – 2:15 pm</a>	6	7 <a href="#">8:30 am – 8:45 am</a> <a href="#">2:00 pm – 2:15 pm</a>	8	9 <a href="#">8:30 am – 8:45 am</a> <a href="#">2:00 pm – 2:15 pm</a>	10
11	12 <a href="#">8:30 am – 8:45 am</a> <a href="#">2:00 pm – 2:15 pm</a>	13	14 <a href="#">8:30 am – 8:45 am</a> <a href="#">2:00 pm – 2:15 pm</a>	15	16 <a href="#">8:30 am – 8:45 am</a> <a href="#">2:00 pm – 2:15 pm</a>	17
18	19	20	21	22	23	24
25	26					

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

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