

JULY EVENTS

Mon	Tues	Wed	Thur	Fri
2	3	4	5	6
9 Weight Watchers CHCC	10	11 Weight Watchers Moses, Einstein, Tarrytown, CHCC	12 A-HIP Biometric Screening Tarrytown Campus 8:30am – 1:30pm Weight Watchers Yonkers, Fordham	13
16 Weight Watchers CHCC	17 5Rhythms TLC Grand Hall 5:15pm – 6:15pm	18 Weight Watchers Moses, Einstein, Tarrytown, CHCC	19 Weight Watchers Yonkers, Fordham	20
23 A-HIP Biometric Screening Wakefield Campus 7:30am – 11:30am Weight Watchers CHCC	24	25 July Associate Wellness Program; Zoom 'Mindfulness Meditation' with Dr. Camacho Moses Campus TLC 3 and Zoom 12:00pm – 1:00pm Weight Watchers Moses, Einstein, Tarrytown,CHCC	26 Weight Watchers Yonkers, Fordham	27
30 Weight Watchers CHCC	31 Associate Wellness Portal & Health Assessment Questionnaire Tutorial Wakefield Campus Education Room C 11:00am – 1:00pm			