

JULY EVENTS

Mon	Tues	Wed	Thur	Fri
4	5	6	7 Montefiore WW Weekly Meeting WW App 12:15pm – 1:00pm	8
11	12	13	14 Montefiore WW Weekly Meeting WW App 12:15pm – 1:00pm	15 To Your Health! Mindfulness Meditation with Dr. Camacho Zoom 12:00pm – 1:00pm
18	19 Carebridge EAP Program: Organizing Your Workspace and Yourself Zoom 12:00pm – 12:30pm	20 Montefiore WW Program: Guide to Tackling Emotional Eating Zoom 12:30pm – 1:30pm	21 Montefiore WW Weekly Meeting WW App 12:15pm – 1:00pm To Your Health! Program: Covid and Long Covid: Know and Share the Facts Zoom 12:30pm – 1:30pm	22
25	26	27 Fidelity Program: Setting Goals and Habits that Stick Zoom 12:00pm – 12:30pm	28 Montefiore WW Weekly Meeting WW App 12:15pm – 1:00pm	29