

# APRIL EVENTS

Mon	Tues	Wed	Thur	Fri
				1
4	<p><b>To Your Health! Supportive Wellness Program: Healing Together – Spirit &amp; Mind</b> Zoom 12:00pm – 1:00pm</p>	6	<p><b>Carebridge EAP Program: Alcohol: How Much is Too Much?</b> Zoom 12:00pm – 1:00pm</p> <p><b>Montefiore WW Weekly Meeting</b> WW App 12:15pm – 1:00pm</p>	8
11	<p><b>Caring Circles</b> Moses Campus, Cherkasky Auditorium 12:30pm – 1:30pm</p> <p><b>Caring Circles</b> Zoom, All Campuses 9:00pm – 10:00pm</p>	13	<p><b>To Your Health! Fitness Program: How to Create a Balanced Training Program with Cerner Wellness</b> Teams 1:00pm – 2:00pm</p> <p><b>Montefiore WW Weekly Meeting</b> WW App 12:15pm – 1:00pm</p>	15
18	19	20	<p><b>Montefiore WW Weekly Meeting</b> WW App 12:15pm – 1:00pm</p>	22
25	<p><b>Caring Circles</b> Einstein, Weiler Auditorium 11:30am – 12:30pm 2:00pm – 3:00pm</p> <p><b>Caring Circles</b> Zoom, All Campuses 9:00pm – 10:00pm</p>	27	<p><b>To Your Health! Nutrition Program: Meal Prep and Planning with WW</b> Zoom 12:30pm – 1:30pm</p> <p><b>Montefiore WW Weekly Meeting</b> WW App 12:15pm – 1:00pm</p>	29