

OCTOBER EVENTS

Mon	Tues	Wed	Thur	Fri
3	4	5	<p>6 Fidelity Program: Get to Know Your Employer's Retirement Plan Zoom 12:00pm – 12:30pm</p> <p>Montefiore WW Weekly Meeting WW App 12:15pm – 1:00pm</p>	7
10	11	12	<p>13 Carebridge EAP Program: Strategies to Improve Your Mental Health Zoom 12:00pm – 1:00pm</p> <p>Montefiore WW Weekly Meeting WW App 12:15pm – 1:00pm</p> <p>Fitness Class: How to Create a Balanced Training Program Teams 1:00pm – 2:00pm</p>	14
17	18	<p>19 To Your Health! Nutrition Program: Myths and Misconceptions Regarding Nutrition & Covid-19 Zoom 12:00pm – 1:00pm</p>	<p>20 To Your Health!: Mindfulness Meditation with Dr. Camacho Zoom 12:00pm – 1:00pm</p> <p>Montefiore WW Weekly Meeting WW App 12:15pm – 1:00pm</p>	19
24	25	<p>26 To Your Health! Supportive Wellness Program: Men's Health Zoom 12:00pm – 1:00pm</p>	<p>27 Montefiore WW Weekly Meeting WW App 12:15pm – 1:00pm</p>	28
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