

# SEPTEMBER EVENTS

Mon	Tues	Wed	Thur	Fri
			1	2
5	6	7	8 <b>Fidelity Program: How to Make the Most Out of Retirement Savings</b> Zoom 12:00pm – 12:30pm  <b>Montefiore WW Weekly Meeting</b> WW App 12:15pm – 1:00pm	9
12 <b>Weight Watchers Led Nutrition Program: Building Your Plate</b> Zoom 12:00pm – 1:00pm	13	14	15 <b>Fitness Program: Daily Stretching and Workplace Ergonomics</b> Teams 1:00pm – 2:00pm  <b>Montefiore WW Weekly Meeting</b> WW App 12:15pm – 1:00pm	16
19	20 <b>Carebridge EAP Program: Suicide Awareness</b> Zoom 12:00pm – 1:00pm	21	22 <b>To Your Health!: Mindfulness Meditation with Dr. Camacho</b> Zoom 12:00pm – 1:00pm  <b>Montefiore WW Weekly Meeting</b> WW App 12:15pm – 1:00pm	23
26	27	28 <b>To Your Health! Supportive Wellness Program: Managing Pain in the Healthcare Professional</b> Zoom 12:00pm – 1:00pm	29 <b>Montefiore WW Weekly Meeting</b> WW App 12:15pm – 1:00pm	30