

JULY EVENTS

Mon	Tues	Wed	Thur	Fri
1	2	3	4	5
8 WW CHCC	9 A-HIP Wellness Check-In Yonkers Campus 8:30am – 12:30pm Zumba Einstein Campus 4 th Floor Cafeteria 5:15pm – 6:05pm	10 WW Moses, Einstein, Tarrytown	11 Zumba Moses Campus Grand Hall 5:15pm – 6:15pm WW Yonkers, Fordham	12 WW Yonkers (Suite 175)
15 WW CHCC	16 July Associate Wellness Program: It's Not Selfish, It's Self Care Go To Webinar 1:00pm – 2:00pm Zumba Einstein Campus 4 th Floor Cafeteria 5:15pm – 6:05pm 5Rhythms Moses Campus Grand Hall 5:15pm – 6:15pm	17 WW Moses, Einstein, Tarrytown	18 Zumba Moses Campus Grand Hall 5:15pm – 6:15pm WW Yonkers, Fordham	19 WW Yonkers (Suite 175)
22 WW CHCC	23	24 WW Moses, Einstein, Tarrytown	25 WW Yonkers, Fordham	26 WW Yonkers (Suite 175)
29 WW CHCC	30 Zumba Einstein Campus 4 th Floor Cafeteria 5:15pm – 6:05pm	31 WW Moses, Einstein, Tarrytown		