

# MAY 2017 - Wellness Calendar



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 <b>Weight Watchers @ Work</b> Workforce Dev Ctr 12:15pm	2 <b>YOGA</b> @Granby Municipal 12:00 – 1:00pm	3 <b>YOGA</b> @ Human Services 12:00 – 1:00pm <b>Mobile Mammography</b> @ Maury HS	4 <b>YOGA</b> @ Workforce Dev 12:00 – 12:30pm and 12:30 – 1:00pm <b>Biometric Screening</b> @ City Hall 9:00am – 2:00pm	5 <b>Weight Watchers @ Work</b> City Hall 1:15pm <b>DEAL DAYS END</b>
8 <b>Weight Watchers @ Work</b> Workforce Dev Ctr 12:15pm	9 <b>YOGA</b> @Granby Municipal 12:00 – 1:00pm <b>ICMA-RC One-on-One</b> @ City Hall 9:00am – 4:00pm	10 <b>YOGA</b> @ Human Services 12:00 – 1:00pm	11 <b>YOGA</b> @ Workforce Dev 12:00 – 12:30pm and 12:30 – 1:00pm <b>ICMA-RC</b> RealizeRetirement City Hall and NPD Training	12 <b>Weight Watchers @ Work</b> City Hall 1:15pm
15 <b>Weight Watchers @ Work</b> Workforce Dev Ctr 12:15pm	16 <b>YOGA</b> @Granby Municipal 12:00 – 1:00pm	17 <b>YOGA</b> @ Human Services 12:00 – 1:00pm	18 <b>YOGA</b> @ Workforce Dev 12:00 – 12:30pm and 12:30 – 1:00pm <b>ICMA-RC One-on-One</b> @ Workforce Dev Ctr 8:30am – 4:30pm	19 <b>Weight Watchers @ Work</b> City Hall 1:15pm
22 <b>Weight Watchers @ Work</b> Workforce Dev Ctr 12:15pm	23 <b>YOGA</b> @Granby Municipal 12:00 – 1:00pm <b>Mobile Mammography</b> @ City Hall	24 <b>YOGA</b> @ Human Services 12:00 – 1:00pm	25 <b>YOGA</b> @ Workforce Dev 12:00 – 12:30pm and 12:30 – 1:00pm	26
29 <b>HOLIDAY – CITY CLOSED</b>	30 <b>YOGA</b> @Granby Municipal 12:00 – 1:00pm	31 <b>YOGA</b> @ Human Services 12:00 – 1:00pm <b>Biometric Screening</b> @ Workforce Dev Ctr 10:00am – 2:00pm		

If you have any question regarding upcoming Wellness events, please contact Brandi Williams @ 664-4490 or [brandi.williams@norfolk.gov](mailto:brandi.williams@norfolk.gov)



- ☐ **Mobile Mammography** will be at **Maury High School** on Wednesday, **May 3rd** and **City Hall** on Tuesday, **May 23rd**. [CLICK HERE](#) for more information.
- ☐ **ICMA-RC RealizeRetirement** will be at **City Hall** from **9:30am - 12:pm** and **NPD Training Ctr/2nd Patrol** from **2:00pm - 5:00pm** on Thursday, **May 11th**. [CLICK HERE](#) to view RealizeRetirement video.
- ☐ **Weight Watchers @ Work** **DEAL DAYS** end Friday, **May 5th** [CLICK HERE](#) for sign up information.
- ☐ **YOGA** in the City is currently available at three different locations. [CLICK HERE](#) for information.
- ☐ [CLICK HERE](#) for full list of Wellness Happenings @ **WDC**