SEPTEMBER 27TH - OCTOBER 1ST

REGISTER HERE
no later than September 24th

MONDAY, SEPTEMBER 27TH
11:00 - 11:20 AM: UP-LIFT STRETCH DEMO
11:30 - 12:00 PM: SWEET POTATO BLACK BEAN BREAKFAST BURRITO DEMO

TUESDAY, SEPTEMBER 28TH
11:00 - 11:20 AM: PUSH-PULL FITNESS DEMO
11:30 - 12:00 PM: FIDELITY INVESTMENTS PUT THE POWER OF NETBENEFITS TO WORK FOR YOU

WEDNESDAY, SEPTEMBER 29TH
11:00 - 11:20 AM: EXERCISE DEMO
11:30 - 12:00 PM: COOKING DEMO

THURSDAY, SEPTEMBER 30TH
11:00 - 11:20 AM: EXERCISE DEMO
11:30 - 11:45 AM: PERFORMANCE ERGONOMICS
11:45 - 12:00 PM: VENDOR 2

FRIDAY, OCTOBER 1ST
11:00 - 11:30 AM: CIGNA PRESENTATION
11:30 - 11:45 AM: HEALTHCHECK360
11:45 - 12:00 PM: NEW PROGRAM INTRO

Cigna Domestic Medical members only

Employees that participate in 50% of the Zoom events will earn a $25 Amazon e-Gift Card and will be entered in a drawing for door prizes!