

April Upcoming Events

Tenacity

Daniel, PARKS



April 15 @ 12 PM

Go with the Flow: Menstruation and Mood

Many people experience physical and emotional changes before their period, known as PMS or PMDD, which can affect daily life. Join our webinar to learn about premenstrual disorders, discuss effective management strategies, and resources to help lead healthier lives.



April 22 @ 6 PM

In the Kitchen - Savor the Season

Blast from the past! To celebrate WorkWell NYC's 10th anniversary, Afia Bediako, former WorkWell NYC employee and creator of the In the Kitchen series will join our next cooking demo. Enjoy a new recipe, learn about seasonal foods, and celebrate this fan-favorite series.



Register at on.nyc.gov/upcomingevents



nyc.gov/workwellnyc





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April 23 @ 1 PM

WorkWell NYC 101

Join us for a lively one-hour webinar to learn how we support City employees to thrive at work and beyond. From fitness and nutrition to mental well-being and more, you'll leave with a clear understanding of our programs and how to get the most out of them.



April 28, April 29, April 30, May 6 & May 7

Socialize & Exercise

We're bringing fitness classes to the five boroughs! Socialize & Exercise in-person with your favorite instructors, then join your fellow city employees for fitness classes at 5:30 pm and 7:00 pm.

Staten Island | Tuesday, April 28, 2026

Manhattan | Wednesday, April 29, 2026

Bronx | Thursday, April 30, 2026

Brooklyn | Wednesday, May 6, 2026

Queens | Thursday, May 7, 2026

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