



Steven, H+H

## February Upcoming Events

# Timing



### Starts February 3 - Register Now!

#### Let's Bring the Pressure Down

It's not too late to join! WorkWell NYC's 8-week hypertension prevention program, Let's Bring the Pressure Down supports City employees living with or at risk for high blood pressure.

Register now to secure your spot!



### Starts February 19 @ 7 PM

#### "Yoga Nidra" - Deep Relaxation

Join one, two or all three of our 30 minute virtual Yoga Nidra sessions to calm the nervous system, reduce stress, and ease anxiety from the comfort of your couch.

To celebrate WorkWell NYC's 10-year anniversary, we'll have 10 raffle prizes! Participants who attend all three sessions will be eligible.

Register at [on.nyc.gov/upcomingevents](https://on.nyc.gov/upcomingevents)



[nyc.gov/workwellnyc](https://nyc.gov/workwellnyc)





Steven, H+H

## February Upcoming Events

# Timing



### Submission Deadline – March 2

#### Art is Life 2026: Submit Your Art!

Art is Life is back! 2026's theme, “(Human)kind: Human Connection and Spirit in the Age of AI,” invites artists to reflect on access, equity, and what it means to be human in an increasingly digital world. Visit [on.nyc.gov/artislife](https://on.nyc.gov/artislife) to learn more and submit your art!

Submissions are open through March 2.



### Starts March 8 - Register Now!

#### The Three M's Email Campaign

From menstruation to menopause and everything in between, the 3 M's: Menstruation, Menopause, and More email campaign offers clear, expert-led guidance on women's hormonal and reproductive health.

Register to join the conversation and get practical, empowering support at every stage.

Register at [on.nyc.gov/upcomingevents](https://on.nyc.gov/upcomingevents)



[nyc.gov/workwellnyc](https://nyc.gov/workwellnyc)

