



Nadia, H+H

July Upcoming Events

Twist

July 9 @ 12 PM

Healthy Summer Tips

Summer is here with higher temps, outdoor activities and your favorite foods. During this season, you're at higher risk for heat-related illnesses as well as food poisoning.

Join our webinar to learn about best ways to protect your body and your food while enjoying your summer.



July 15 @ 11:30 AM - 2 PM

Julydration Hydration Station @ 1 Centre Street

Elevate your hydration game! Join us under the arches at 1 Centre Street for free samples of fruit-infused water provided by Shari's Tea. The event runs from 11:30 AM to 2 PM, or while supplies last.

Bring your event ticket and work ID to receive a free water bottle - don't miss out!



Register at on.nyc.gov/upcomingevents



nyc.gov/workwellnyc





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July Upcoming Events

Twist

July 16 @ 6 PM - 7 PM

Sound Bath: Decompress through Sound Vibrations

Join us for an in-person sound bath experience at the 1 Centre St. Mezzanine! Lie down comfortably and enjoy an immersive, one-hour session featuring crystal singing bowls, gongs, and chimes to help you relax and unwind.

Yoga mats will be provided.



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