



September Upcoming Events

Destination



Starts September 8

Worksite Flu Clinics

The "flu" is a respiratory illness caused by the influenza virus. It can make anyone sick, even healthy people. A flu shot helps protect you and those around you.

Find a worksite clinic near you and make a free, quick, and easy appointment today.



September 17 @ 12 PM - 2PM, 1 Centre St.

WorkWell NYC Block Party

WorkWell NYC's Wellness Block Party is back! Join us for an afternoon of wellness, relaxation, health screenings, flu shots, and more.

This year we have more vendors, and screenings than ever. Register today and bring a colleague to 1 Centre St. You matter. Don't miss it!

Register at on.nyc.gov/upcomingevents



nyc.gov/workwellnyc





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Barbara, FDNY



September 23 @ 1 PM

Men's Health Virtual Panel

What does health and wellness mean to you as a man? Join the Men's Health Panel to hear City employees share how they stay healthy, why wellness matters to them, and their top strategies for success.

This webinar is open to all.



September 25 @ 6PM - 7:30PM, 22 Cortlandt St.

Reel Talk: Short Films about Mental Health

Take a break with WorkWell NYC's watch party! Watch short films on mental wellness, silent suffering, negative thinking, and the importance of awareness and compassion. Afterwards, join group reflection and guided discussions in a safe, welcoming space. Popcorn and refreshments will be served.

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September 30 @ 12 PM

Must Knows for Student Loans

Join our live online session to learn about important changes to student loan repayments in 2026 and how to get ready. NYC's free partnership with Summer can help you save time and money.

Don't miss this chance to understand the new rules, explore PSLF options, and take action with confidence.



Starts October 1 @ 1 PM

Let's Bring the Sugar Down

Diabetes affects over 38 million people, and most with prediabetes don't know it. If you're at risk, have prediabetes, or Type 2 diabetes, join WorkWell NYC's free 8-week program, Let's Bring the Sugar Down.

Learn how to take charge of your health. Register now.

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