



Lindsey, AGING

November Upcoming Events

Deliver



November 13 @ 12 PM

WorkWell NYC 101

Join us for a lively one-hour webinar to learn how we support City employees 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.



November 20 @ 12 PM

In the Kitchen - Savor the Season

Did you know? Seasonal foods taste fresher and are more nutritious! Join us for the next In the Kitchen - Savor the Season cooking demo, where we'll make delicious recipes using some of your favorite seasonal fruits, herbs, and veggies.

Register at on.nyc.gov/upcomingevents



nyc.gov/workwellnyc



Lindsey, AGING

November Upcoming Events

Deliver



December 2 @ 1 PM

Ending the HIV Epidemic in NYC

About 131,000 New Yorkers live with HIV/AIDS, but many don't seek out education or treatment. For World AIDS Day 2025, join our webinar in partnership with NYC Health to learn about transmission, diagnosis, current infection trends, and treatment resources.



Last Chance

WorkWell NYC Flu Clinics

It's your last chance to get a flu shot before the holidays! Protect yourself and others this season by making a quick, convenient, and free flu shot appointment today.

Register at on.nyc.gov/upcomingevents



nyc.gov/workwellnyc