

4th ANNUAL HEALTH AND WELLNESS WEEK

October 7-11, 2019

MONDAY 7

ACTIVITY: FLU SHOTS
11a – 2p
Walgreens (Julia)

ACTIVITY: BROWN BAG LECTURE
11:45a – 12:15p
Mary Turner, Therapeutic Pros
“Managing Stress in the Workplace”

TUESDAY 8

ACTIVITY: CWP FIELD DAY
11:45a – 12:45p
SOCCER FIELD

Potato Sac Race
Egg Balance
Bean Bag Toss
3-Legged Race
Water Balloon Toss

WEDNESDAY 9

HEALTH FAIR

(to be held in The Bistro)

VENDORS

Greenlane
Bike Barn
Therapeutic Pros
Imperfect Produce
Juice Easy
Compass
Monster Energy
Breathe Flow Balance
Memorial Chiropractic Clinic
Methodist Hospital
Wellsmiles at CityWest
Houston Eye Associates
The Health Museum
doTerra Oils

more to come.....

CITYWESTPLACE

FITNESS CENTER

THURSDAY 10

ACTIVITY: Blood Drive
Donor Coach
1p – 4:30p

ACTIVITY: BROWN BAG LECTURE
11:45a – 12:15p
Mary Turner, Therapeutic Pros
“The Benefits of Massage”

FRIDAY 11

ACTIVITY: C27 MASTERCLASS
12:00 PM
Instructor: TBA
Open to ALL Tenants