

City Of Tucson
Wellness Calendar

November 2016



Questions? Contact
Raquel Downs

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For the most up-to-date
information and details on
events listed here visit the
Employee wellness
webpage
www.tucsonaz.gov/wellness

Mon	Tue	Wed	Thu	Fri
	1	2	3	4
7	8 City & County Employee Wellness Fair El Presidio Park Downtown 11am-3pm	9	10 Weight Watchers @ Work City of Tucson 255 W. Alameda St. 1st Fl. CR	11 Veteran's Day
14 MDG Holiday Challenge weigh-in TOPSC 4004 S. Park Ave. 8:15am-11:15am	15 MDG Holiday Challenge weigh-in City Hall, 1st Fl. 255 W. Alameda 8:15am-11:15am TPD West-Side 1310 W. Miracle Mile 1:00pm- 4:00pm	16 MDG Holiday Challenge weigh-in Parks & Rec Randolph 200 S. Alvernon Way Bldg. 1, Room 4 9:00am-12:00pm	17 MDG Holiday Challenge weigh-in CHD 310 N. Commerce Park Pantano Rm. 2:00pm-4:00pm	18
21	22	23	24 Thanksgiving Holiday	25 Thanksgiving Holiday
28	29  Blood Drive City Hall, 1st Fl. 255 W. Alameda	30		



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December 2016

Mon	Tue	Wed	Thu	Fri
ANNOUNCEMENT: No Quarterly weigh-ins in January due to the Holiday MDG weight challenge.			1	2
5	6	7	8 Weight Watchers @ Work City of Tucson 255 W. Alameda St. 1st Fl. CR	9
12	13	14	15 Weight Watchers @ Work City of Tucson 255 W. Alameda St. 1st Fl. CR	16
19	20	21	22 Christmas Holiday	23
26	27	28  Blood Drive TOPSC 1pm-5pm 4004 S. Park Ave	29 Weight Watchers @ Work City of Tucson 255 W. Alameda St. 1st Fl. CR	30



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