



2019 WELLNESS SCHEDULE



**Your path towards a healthier lifestyle starts here.
Don't miss opportunities to collect your Benefit Rewards!**

FEBRUARY

- **Friday Feb. 1:** Stress Relief & Exercise at Your Desk* | 12:00 - 1:00 p.m. | City Hall Auditorium (L1FN)
- **Monday Feb. 4:** Diabetes Type 2: What You Need to Know | 8:00 - 9:00 a.m.
Water Distribution Training Room - 4120 Scottsdale Drive Dallas, TX 75227
- **Thursday Feb. 21:** Healthcare 101 | 11:30 a.m. - 12:30 p.m.
J. Erik Jonsson Central Library Auditorium - 1515 Young St. Dallas, TX 75201

MARCH

- **Thursday March 7:** Stretch/Strength Anytime | 1:30 - 2:30 p.m. | City Hall Auditorium (L1FN)
- **Friday March 8:** Corrective Exercises for Lower Back* | 12:00 - 1:00 p.m. | City Hall Auditorium (L1FN)
- **Wednesday March 20:** Healthcare 101 | 3:00 - 4:00 p.m.
Public Works (Streets) - Bull Pen Room, 2505 Valleria Drive Dallas, TX 75211

APRIL

- **Wednesday April 3:** Healthcare 101 | 10:30 - 11:30 a.m.
WIC Administration Office - Room 627, 2377 N. Stemmons Freeway Dallas, TX 75203
- **Friday April 5:** Trash Bash Litter Dash Run* | 11:30 a.m. - 1:30 p.m. | City Hall Plaza (Registration required)
- **Friday April 12:** Nutrition & Healthy Eating Habits* | 12:00 - 1:00 p.m. | City Hall Auditorium (L1FN)

MAY

- **Thursday May 2:** Healthcare 101 | 3:00 - 4:00 p.m.
Oak Cliff Municipal Center Cafeteria Room 110 - 320 E Jefferson, Dallas, TX 75203
- **Friday May 3:** Grocery Shopping Tips* | 12:00 - 1:00 p.m. | City Hall Auditorium (L1FN)

JUNE

- **Thursday June 6:** Healthcare 101 | 12:00 - 1:00 p.m.
DPD Recruit Academy - 5310 Redbird Center Drive, Dallas, TX, 75237
- **Friday June 7:** High Blood Pressure & The Food Fixes* | 3:00 - 4:00 p.m. | City Hall Auditorium (L1FN)
- **Thursday June 13:** Oh, My Aching Back! | 6:30 to 7:30 a.m.
City of Dallas Sanitation - 9811 Harry Hines Blvd. Dallas, TX 75220

JULY & AUGUST

- **Thursday July 11:** Cholesterol: Do You Know Your Numbers? | 3:00 - 4:00 p.m. | City Hall Auditorium (L1FN)
- **Friday July 12:** Joint Mobility* | 12:00 - 1:00 p.m. | City Hall Auditorium (L1FN)
- **Tuesday July 23:** Healthcare 101 | 8:00 - 9:00 a.m.
Public Works - Streets Bull Pen #2 - 2710 Municipal St. Dallas, TX 75215
- **Friday July 26:** Gain Games* | 8:00 a.m. - 12:00 p.m. | City Hall Fitness Center (Members only, registration required)
- **Friday August 9:** Healthcare 101 | 1:30 - 2:30 p.m.
Bachman Recreation Center - Assembly Room, 2750 Bachman Drive Dallas, TX 75220

**Note: events with an asterisk (*) are Fitness Center events. For questions, contact:
CityWellnessCenters@dallascityhall.com or (214) 670-3821 for Fitness Center events
and
CityofDallas@cigna.com or (888) 244-6224 for Healthcare 101 & Cigna seminars**