

Day of Well-being Event Schedule

10:00 AM - 2:00 PM

10:00 AM

Event Start

10:30 AM

Seminar: Well-being Program at JHU

11:00 AM

Fitness Class: Chair Yoga

11:30 AM

Seminar: JH Employee Assistance Program

12:00 PM

Cooking Demonstration

01:00 PM

Fitness Class: Chair Yoga

01:30 PM

Seminar: Financial Well-being from MMA

02:00 PM

Event End