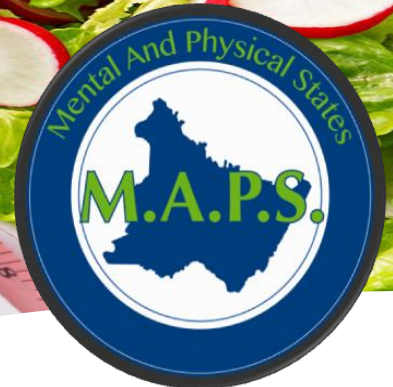


2019 M.A.P.S. Upcoming Activities



Don't miss out on these upcoming events!

The following events/activities are wellness qualifiers! Registration online is encouraged to ensure we have enough participation. Registration is not required. Please visit the Human Resources tab at www.co.westmoreland.pa.us and complete the registration. Also be on the lookout for additional activities to be added throughout the year.

Lunch & Learns

April 5th - 12:00 pm	Stress Management	Westmoreland Manor Large Conference Room
April 8th - 12:30 pm	Stress Management	Courthouse - Commissioners Public Meeting Rooms
April 11th - 12:00 pm	Stress Management	AAA - First Floor Conference Room
April 23rd - 12:30 pm	Stress Management	Courthouse - Commissioners Public Meeting Rooms
April 29th - 12:00 pm	Stress Management	Westmoreland Manor Large Conference Room
May 1st - 12:30 pm	Nutrition Jeopardy	Courthouse - Commissioners Public Meeting Rooms
May 6th - 12:00 pm	Nutrition Jeopardy	Westmoreland Manor Large Conference Room
May 15th - 12:00 pm	Nutrition Jeopardy	AAA - First Floor Conference Room
May 28th - 12:00	Nutrition Jeopardy	Westmoreland Manor Large Conference Room
May 30th - 12:30 pm	Nutrition Jeopardy	Courthouse - Commissioners Public Meeting Rooms
June 4th - 12:30 pm	Exercise Lecture	Courthouse - Commissioners Public Meeting Rooms
June 6th - 12:00 pm	Exercise Lecture	Westmoreland Manor Large Conference Room
June 12th - 12:00 pm	Exercise Lecture	AAA - First Floor Conference Room
June 25th - 12:00 pm	Exercise Lecture	Westmoreland Manor Large Conference Room
June 26th - 12:30 pm	Exercise Lecture	Courthouse - Commissioners Public Meeting Rooms

Keep a look out for more information on upcoming events at our County Parks during annual festivals, the 2019 pedometer challenge and the 2019 Wellness Fair!

Please visit the employee wellness section on the county website to complete a survey regarding potential wellness activities and incentives you would like to see.



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**Westmoreland County
Human Resources**