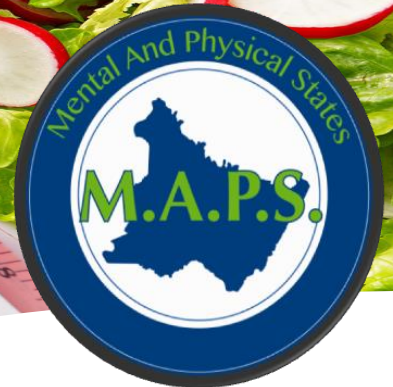


2019 M.A.P.S. Upcoming Activities



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 <https://www.surveymonkey.com/r/6JTC22R> and complete the registration. Also be on the lookout for additional activities to be added throughout the year.

Lunch & Learns

July 2 nd - 12:30 pm	Know Your Numbers	Courthouse - Commissioners Public Meeting Rooms
July 9 th - 12:00 pm	Know Your Numbers	AAA - First Floor Conference Room
July 11 th - 12:00 pm	Know Your Numbers	Westmoreland Manor Large Conference Room
July 23 rd - 12:00 pm	Know Your Numbers	AAA - First Floor Conference Room
July 31 st - 12:30 pm	Know Your Numbers	Courthouse - Commissioners Public Meeting Rooms
August 1 st - 12:30 pm	Fad Diets- Do they work?	Courthouse - Commissioners Public Meeting Rooms
August 6 th - 12:00 pm	Fad Diets- Do they work?	AAA - First Floor Conference Room
August 8 th - 12:30 pm	Fad Diets- Do they work?	Courthouse - Commissioners Public Meeting Rooms
August 14 th - 12:00 pm	Fad Diets- Do they work?	Westmoreland Manor Large Conference Room
August 20 th - 12:30pm	Fad Diets- Do they work?	AAA - First Floor Conference Room
Sept. 5 th - 12:00 pm	Tobacco, Alcohol and Drug use	Westmoreland Manor Large Conference Room
Sept. 17 th - 12:00 pm	Tobacco, Alcohol and Drug use	Westmoreland Manor Large Conference Room
Sept. 19 th - 12:30pm	Tobacco, Alcohol and Drug use	Courthouse - Commissioners Public Meeting Rooms
Sept. 24 th - 12:00 pm	Tobacco, Alcohol and Drug use	AAA - First Floor Conference Room
Sept. 30 th - 12:30 pm	Tobacco, Alcohol and Drug use	Courthouse - Commissioners Public Meeting Rooms

****Check out the Home Run for Health Pedometer Challenge!**

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**