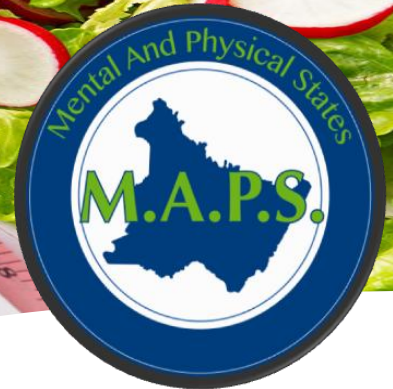


2020 M.A.P.S. Upcoming Activities



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

Tuesday Feb 18 12-12:30	HIIT Training	Courthouse Public Meeting Rooms
Wednesday Feb 18 12-12:30	HIIT Training	Courthouse Public Meeting Rooms
Thursday Feb 20 12-12:30	HIIT Training	AAA Conference Room
Tuesday Feb 25 12- 12:30	HIIT Training	Manor Large Conference Room
Wednesday Feb 26 12-12:30	HIIT Training	Manor Large Conference Room
Tuesday March 3 12-12:30	Yoga	Manor Large Conference Room
Wednesday March 4 12-12:30	Yoga	Courthouse Public Meeting Rooms
Thursday March 12 12-12:30	Yoga	AAA Conference Room
Wednesday March 18 12-12:30	Yoga	Manor Large Conference Room
Wednesday March 25 12-12:30	Yoga	Courthouse Public Meeting Rooms
Wednesday April 1 12-12:30	Intuitive Eating	Courthouse Public Meeting Rooms
Thursday April 2 12-12:30	Intuitive Eating	Manor Large Conference Room
Thursday April 16 12-12:30	Intuitive Eating	AAA Conference Room
Thursday April 23 12-12:30	Intuitive Eating	Courthouse Public Meeting Rooms
Tuesday April 28 12-12:30	Intuitive Eating	Manor Large Conference Room

Keep a look out for more information on upcoming events at our County Parks during annual festivals, the 2020 pedometer challenge and the 2020 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**