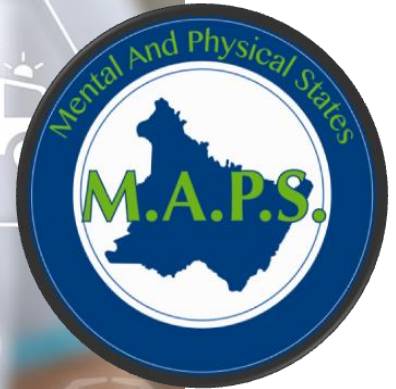


2021 M.A.P.S. Upcoming Activities



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 March 9 12-12:30	HIIT Training	Courthouse Public Meeting Rooms
Wednesday March 10 12-12:30	HIIT Training	Courthouse Public Meeting Rooms
Thursday March 11 12-12:30	HIIT Training	Manor Large Conference Room (Virtual Option)*
Monday March 15 12-12:30	HIIT Training	Manor Large Conference Room (Virtual Option)*
Tuesday April 6 12-12:30	Yoga	Courthouse Public Meeting Rooms
Wednesday April 7 12-12:30	Yoga	Courthouse Public Meeting Rooms
Wednesday April 14 12-12:30	Yoga	MPR (Virtual Option)*
Tuesday April 20 12-12:30	Yoga	MRP (Virtual Option)*
Thursday May 6 12-12:30	Stress Resilient Nutrition	Manor Large Conference Room (Virtual Option)*
Monday May 10 12-12:30	Stress Resilient Nutrition	Manor Large Conference Room (Virtual Option)*
Monday May 17 12-12:30	Stress Resilient Nutrition	Courthouse Public Meeting Rooms
Tuesday May 18 12-12:30	Stress Resilient Nutrition	Courthouse Public Meeting Rooms

*There will be a link on the Wellness Program tab (<https://www.co.westmoreland.pa.us/1827/MAPS>) to access the Virtual Lunch and Learns. If you are not an employee of the Manor, please do not report there to attend. Either access the virtual option or attend at the Court House.

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