



**Free**  
**Department of Human**  
**Resources**  
**Lunch & Learn**  
**Calendar of Events**  
**(2016)**

## Lunch & Learn Series

Event	Date	Time	Location
"Half-n-Half"	Tues. February 2 - Tues. June 28, 2016 <b>(Recurring Weekly on Tuesdays)</b>	12:00 - 1:00 p.m. & 1:00 p.m. - 2:00 p.m.	Zion Church 400 E. Lexington St. Second Floor
"Zumba"	Wed. February 3 - Wed. June 29, 2016 <b>(Recurring Weekly on Wednesdays)</b>	12:00 - 1:00 p.m. & 1:00 p.m. - 2:00 p.m.	Zion Church 400 E. Lexington St. Second Floor
"Soul Train"	Thur. February 4 - Thur. June 30, 2016 <b>(Recurring Weekly on Thursdays)</b>	4:45 - 5:30 p.m.	Zion Church 400 E. Lexington St. Second Floor
"Blood Pressure Screening"	Tuesday 2/2/16	8:00 a.m.- 10:00 a.m.	The Benton Bldg. Lobby 417 East Fayette, Street Baltimore, MD 21202
"Blood Pressure Screening"	Tuesday 2/9/16	12:00 p.m.- 2:00 p.m.	Northeastern Police Station 1900 Argonne Dr., Baltimore, MD 21218

To register, log onto our wellness registration website:  
[www.cityofbaltimorewellness.com](http://www.cityofbaltimorewellness.com)  
 and follow the prompts. Once you have created your account, you will be able to schedule the Wellness Events you want to attend. You will also receive a confirmation email reminding you of your scheduled event.

**For registration support, email**  
**[wellness@baltimorecity.gov](mailto:wellness@baltimorecity.gov);**  
**or contact Lisa Evans**  
**via phone at 410-396-3872**

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 speaker*

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Event	Date	Time	Location
"Strategies for a healthy heart"	Tues. February 9, 2016	12:30— 1:30 p.m.	Online Seminar Registration Required: <a href="http://source4women.com">source4women.com</a> CLICK: Online Seminars & Events
"Blood Pressure Screening"	Tuesday 2/16/16	8:00 a.m.— 10:00 a.m.	Abel Wolman Municipal Bldg. Lobby, 200 Holliday St. Baltimore, MD 21202
"Blood Pressure Screening"	Tuesday 2/23/16	8:00 a.m.— 10:00 a.m.	Enoch Pratt Free Library 400 Cathedral St. Baltimore MD 21201 Employee Entrance on Franklin St
"Feel Fine in Five"	Thur. March 3, 2016	12:00— 1:00 p.m.	Zion Church 400 E. Lexington St. Second Floor
"Nutrition 101"	Tues. March 8, 2016	12:30— 1:30 p.m.	Online Seminar Registration Required: <a href="http://source4women.com">source4women.com</a> CLICK: Online Seminars & Events

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"Intro to Meditation"	Thur. March 10, 2016	12:00– 1:00 p.m.	Zion Church 400 E. Lexington St. Second Floor
"Yoga"	Thur. March 17, 2016	12:00– 1:00 p.m.	Zion Church 400 E. Lexington St. Second Floor
"Tai Chi"	Thur. March 24, 2016	12:00– 1:00 p.m.	Zion Church 400 E. Lexington St. Second Floor
"Mind Body Wellness"	Thur. March 31, 2016	12:00– 1:00 p.m.	Zion Church 400 E. Lexington St. Second Floor
"Wellness at Work"	Tues. April 12, 2016	12:30— 1:30 p.m.	Online Seminar Registration Required: <a href="http://source4women.com">source4women.com</a> CLICK: Online Seminars & Events

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Event	Date	Time	Location
"Making better food choices"	Tues. May 10, 2016	12:30— 1:30 p.m.	Online Seminar Registration Required: <a href="http://source4women.com">source4women.com</a> CLICK: Online Seminars & Events
"Fuel up to Play"	Tues. June 14, 2016	12:30— 1:30 p.m.	Online Seminar Registration Required: <a href="http://source4women.com">source4women.com</a> CLICK: Online Seminars & Events
"Lose the muffin top"	Tues. July 12, 2016	12:30— 1:30 p.m.	Online Seminar Registration Required: <a href="http://source4women.com">source4women.com</a> CLICK: Online Seminars & Events
"Life changes worth making"	Tues. August 9, 2016	12:30— 1:30 p.m.	Online Seminar Registration Required: <a href="http://source4women.com">source4women.com</a> CLICK: Online Seminars & Events
"Be a better cook"	Tues. September 13, 2016	12:30— 1:30 p.m.	Online Seminar Registration Required: <a href="http://source4women.com">source4women.com</a> CLICK: Online Seminars & Events

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Event	Date	Time	Location
"Be more Productive"	Tues. October 11, 2016	12:00 - 1:00 p.m.	DHR 201 E. Baltimore St. 5th Floor, Room 5A
"Preventing, Living and coping with diabetes"	Tues. November 8, 2016	12:00 - 1:00 p.m.	DHR 201 E. Baltimore St. 5th Floor, Room 5A
"Holiday social weight maintenance"	Tues. December 13, 2016	12:30 - 1:30 p.m.	Online Seminar Registration Required: <a href="http://source4women.com">source4women.com</a> CLICK: Online Seminars & Events

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