



## CLASSES AVAILABLE

- Creating a Healthy Workplace Environment
- Diabetes Education
- Disease Management
- Everyday Wellness
- Financial Well-Being
- Food on the GO!
- Healthy Holidays
- Healthy Mind Mindfulness
- Hydration
- Mastering Wellness at Home
- Meal Planning Nutrition
- Stress Management
- Sun Safety
- Weight Management
- Wellness Goal Setting
- Workplace Fitness
- Workplace Wellness after COVID

## Classes & Education

The Health and Wellness department offers a variety of classes to City of Savannah employees.

These classes can be tailored to a department's needs and/or interest requests from employees. Classes can be live or in webinar format.

Contact your **Employee Health and Wellness Coordinator** to schedule a class **TODAY!**

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