



SAVANNAH
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Thriving Thursday's

Let's
Thrive
Together!

A Monthly Health and Wellness Session for ALL City of Savannah Employees

Join us every **3rd Thursday of the month** for **Thriving Thursday's**, a health and wellness initiative designed to provide practical strategies to enhance your overall quality of life.

UPCOMING SESSIONS:

- **January 15: Creating Your 2026 Wellness Vision Board**
 - 12:00 – 1:00 p.m. | Room #104 Adams Complex, 20 Interchange Drive
- **February 19: Heart Health 101**
 - 12:00 – 1:00 p.m. | SPD Training Unit 3401 Edwin St.
- **March 19: Simple Nutrition for a Healthier You**
 - 2:30 – 3:30 p.m. | Adam's Complex - Meeting Room (Operations Building)



SCAN
ME!

- Time and location vary each month to accommodate all employees.
- To register to attend in person or virtually,
- [Click here or Scan the QR Code.](#)

If you have questions or are interested in hosting a session at your work location, please contact **Lauren Wilson**, Health & Wellness Coordinator at **912-651-6545** OR **Lauren.Wilson@savannahga.gov**