

## SCHEDULE OF ACTIVITIES



### Monday, June 15 @ 12:00 Noon - Virtual Boot Camp

Take your health and fitness to the next level and participate in a boot camp session that combines aerobic, strength training and speed. [Register here](#)



### Tuesday, June 16 @ 12:00 Noon - "Men's Health Matters" Webinar

Join our webinar to learn how men can maximize their health, and how their partners and families can support men in their journey towards better health. [Register here](#)



### Wednesday, June 17 @ 12:00 Noon - "Blue Table Talk" Men's Mental Health Roundtable Discussion

Join our roundtable discussion on the challenges men face when seeking mental health care and how communities can support men's mental wellbeing. [Register here](#)



### Thursday, June 18 @ 12:00 Noon - "Power Up With Protein" Live Q&A

There are a lot of myths surrounding protein. How much protein do men really need? Are protein powders and supplements good for men? Have all these questions, and more, answered in our live Q&A. [Register here](#)



### Friday, June 19 - Wear Blue Day Photo Challenge

On Friday, June 19, we are asking City of New York Employees to post a photo on social media celebrating Wear Blue Day. If you post on Instagram, make sure to tag [@workwellnyc](#). Here is how to participate:

- 1) Put on a blue hat, shirt or any other article of blue clothing. Be creative!
- 2) Post your photo with the caption - Today I am celebrating "WearBlueDay in recognition of Men's Health. #MensHealthWeek @WorkWellNYC

