



WorkWell NYC is the City’s worksite wellness initiative. We offer free and fun wellness programs that empower NYC City employees to live healthy, active lifestyles!



Physical Activity

Nutrition

Mental Well-Being

Prevention

Health Equity and Justice

Stay Connected!



Excited about health and wellness? Become a Champion to promote programs and share information with your peers and colleagues!



Follow us on Instagram (@workwellnyc) to discover events, find wellness tips, and more!



Join our mailing list for upcoming events and exclusive programming! Scan the QR code or visit on.nyc.gov/maillinglist to join.