



Lucinda, COUNCIL

# July Upcoming Events

# Delight



## July 14 -18 Julydration Challenge

WorkWell NYC is challenging you to stay hydrated all summer long. Follow us on Instagram ([@WorkWellNYC](#)) to download our "Water Meter" tracker and enjoy our fruit-infused water recipes, fun tips and more! Don't wait - hydrate!



## July 16 @ 12 PM Julydration Hydration Station @ 1 Centre Street

Join us on Wednesday, July 16 at 1 Centre Street for a hydration station. Bring your ticket and work ID to sample fruit-infused waters and receive a free reusable water bottle while supplies last. Arrive on time to grab some goodies - don't miss out!

Register at [on.nyc.gov/upcomingevents](https://on.nyc.gov/upcomingevents)





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## July 15 and 22 @ 6 PM

### Sound Bath Series @ 22 Cortlandt St.

Unwind with a sound bath at 22 Cortlandt St.! Lie down and immerse yourself in calming sounds that relieve stress. Bring a yoga mat or use the carpeted floor. A limited number of yoga mats are available on a first-come, first served basis.



## July 25 @ 1PM

### In the Kitchen - Savor the Season

Did you know? Seasonal foods taste fresher and are more nutritious! Join us for our upcoming cooking demo, where we focus on creating recipes using some of your favorite seasonal fruits, herbs, and veggies.

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