



## May Upcoming Events

# Decompress

Tina, DOHMH



### May 1 @ 12 PM

#### Let's Move NYC Cooldown and Recovery Stretching

Join WorkWell NYC for a virtual Cooldown and Recovery Stretching Pop-Up class and learn how you can prevent muscle stiffness and soreness. Your body will thank you!



### May 13 @ 1 PM

#### Food and Mood Webinar

Did you know the food you eat can also influence your emotions? Register for WorkWell NYC's Food and Mood webinar to learn more about the link between food and mental wellness.



### May 20 @ 7 PM

#### Connect, Share, and Support One Another

Join WorkWell NYC's virtual community forum to navigate these changing times together.



### Starts May 22 @ 7 PM

#### Yoga Nidra - Deep Relaxation

Yoga Nidra is an ancient practice performed lying down with eyes closed. It promotes relaxation, reduces stress, and boosts overall well-being. Join all four weekly sessions for a chance to win a wellness prize!

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



[nyc.gov/workwellnyc](https://nyc.gov/workwellnyc)

