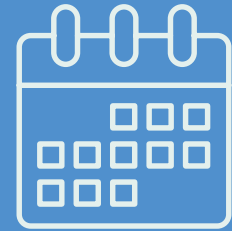


Health & Wellbeing Calendar of Events



King Philip Regional School District

January 2022

**January Campaign:
Blood Donor
(weekly emails to
employees)**

**Daily Habits That Keep
You Healthy
Seminar (virtual)**

When: January 12, 2022

Time: 2:40-3:40 EST

Zoom Registration Link:

[https://us02web.zoom.us/
j/86946410202](https://us02web.zoom.us/j/86946410202)

**Healthy Weight
Webinar (virtual)**

When: January 19, 2022

Time: 1-1:30 EST

Zoom Registration Link:

[https://borislow.zoom.
us/webinar/register/WN_
V3HMsJgdRImHvzUaJhe-Nw](https://borislow.zoom.us/webinar/register/WN_V3HMsJgdRImHvzUaJhe-Nw)

**5-Week Weight Loss
Program (in person)**

When: Tuesday January 11, 18, 25,
February 1, 8, 2022

Time: 2:40-3:40 EST

Location: Middle School

Google Form Registration Link:

[https://forms.gle/
iuuFWzH3xhXSggkx7](https://forms.gle/iuuFWzH3xhXSggkx7)

Zumba Classes (virtual)

When/Time: Mondays 6PM EST,
Fridays 6PM EST, Saturdays
8:30AM 30 minutes Zumba Toning*
and 30 Minutes Zumba

More Information:

[https://www.fitnessmissdiane.com/
post/january-links](https://www.fitnessmissdiane.com/post/january-links)

Zoom Link:

[https://us06web.zoom.
us/j/93250711376](https://us06web.zoom.us/j/93250711376)

Meeting ID: 932 5071 1376

Passcode: Funtime1



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