

# KING PHILIP HEALTH & WELLBEING CALENDAR OF EVENTS

## FEBRUARY 2022

### RANDOM ACTS OF KINDNESS

**FEBRUARY CAMPAIGN**  
Monthly campaign content posted on HR page of King Philip intranet

### POWER OF POSITIVITY

#### VIRTUAL WEBINAR

**When:** Feb 9, 2022 | 2:40 - 3:40 EST

**Zoom Link:** <https://us02web.zoom.us/j/87888126639>

### HEART HEALTH AWARENESS

#### VIRTUAL WEBINAR

**When:** Feb 16, 2022 | 1:00 - 1:30 EST

**Zoom Registration Link:**

[https://borislow.zoom.us/webinar/register/WN\\_d-1GqzejSN2rb5ljQWhNDw](https://borislow.zoom.us/webinar/register/WN_d-1GqzejSN2rb5ljQWhNDw)

### 5-WEEK WEIGHT LOSS PROGRAM

#### VIRTUAL PROGRAM

**When:** Jan 25, Feb 1 & 8 | 2:40 - 3:40 EST

**Zoom Link:** <https://us02web.zoom.us/meeting/register/tZArd-6grDoqGNQyshHrbPOOF01lFhtxoveY>

### ZUMBA CLASSES

#### VIRTUAL CLASSES

**When:** Mon 6PM | Fri 6PM | Sat 8:30AM

30 min Zumba Toning & 30 Min Zumba

**Zoom Link:**

<https://www.fitnessmissdiane.com/post/february-zumba-links>