



*Upcoming  
Lunch & Learn*

## *Holiday Survival Guide*

*50 tips and tricks to help  
you stay active, eat  
healthy and manage stress  
during the  
holiday season*

Water Briarcliff Lab Break Room 11/4 Wed Noon

City Hall 4th Floor Conf Room 11/18 Wed Noon

IT 3rd Floor Room A 12/1 Tues Noon

Medical Bureau Eastwood Conf Room 12/2 Wed Noon

Water Admin 63rd Street Brush Creek 12/9 Wed Noon