

**WellNYS Everyday Monthly Webinar**

**Fitting in Your Favorite Physical Activity**



**Wednesday, May 10, 2023**

12:00 noon – 12:30 P.M.

May is National Physical Activity Month. Regular physical activity

is one of the most important things people can do to improve their health.

What is your favorite physical activity? When do you fit it into your busy schedule? Join us as we share the *Physical Activity Guidelines for Americans* and how to fit physical activity into your busy day.

*Presented by:*

**Linda Carignan-Everts**

To register for this webinar

Go to <https://meetny.webex.com/weblink/register/r5c9fd512ced0874c92bb355ad1085830>



You will receive a confirmation email with instructions for joining the session. This session will be recorded and made available on the WellNYS Everyday website.

Work-Life Services (WLS) Programs are joint labor-management programs that benefit New York State employees by enhancing employee wellbeing, increasing productivity, and improving morale in the workplace. The WLS programs include the Employee Assistance Program, Network Child Care Centers, and DIRECTIONS: Pre-Retirement Planning. The WLS programs are funded through the collective bargaining agreements between the State of New York and the public employee unions:CSEA, PEF, UUP, NYSCOPBA, GSEU, Council 82, and DC-37 and PNANYS. The Office of Employee Relations contributes on behalf of management/confidential employees.