

City Of Tucson

Wellness Calendar

Of Events



Questions?
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For details on events listed,
 visit the Wellness webpage
www.tucsonaz.gov/wellness

For insurance/benefit
 information, visit the
 Insurance webpage
www.tucsonaz.gov/insurance



January 2021: Building Healthy Connections

Mon	Tue	Wed	Thu	Fri
Get Moving 750 Challenge Continues! 6-week activity challenge—track activity minutes, join a team of coworkers & family members, and gain entry into raffles! Log activity (Google Chrome): https://cityoftucson.globalfitnesschallenge.com Challenge closes Jan 28 Deadline to log activity Feb 4				
4	5	6 EAP Webcast: Thriving Through Uncertainty 12-1pm www.Cigna.com/EAPWebcasts	7 Virtual Insurance Office Hours 10am-11:30am WebEx 866-205-5379 Mtg. # 173 641 8688	8
11	12	13 Virtual Insurance Workshop 1pm-2pm WebEx 866-205-5379 Mtg. # 173 641 8688	14 EAP: New Year, New You! Financial Resolu- tions You Can Keep 12:30pm-1:30pm Click HERE to register	15
18 Virtual Insurance Office Hours 11am-12:30pm WebEx 866-205-5379 Mtg. # 173 641 8688	19	20 EAP Webcast: Stress & Your Child 12-1pm www.Cigna.com/EAPWebcasts	21 Stress Management Webinar 10am-10:30am Click HERE to join	22
25	26 EAP: Make the Choice to Be Healthy 10am-11am Register by emailing: Devan.Gengler@Cigna.com	27 EAP Webcast: A Fresh Look at Healthy Eating 12-1pm www.Cigna.com/EAPWebcasts	28 Virtual Insurance Workshop 3pm-4pm WebEx 866-205-5379 Mtg. # 173 641 8688	29