



Date: 12/20/2022

MEMORANDUM

TO: Wellness Gladiators
FROM: Oriana Maghoney, Staff Development Coordinator – Human Resources
RE: 2023 Wellness Gladiators Quarterly Meetings

Please find a list of dates and times for the upcoming quarterly Wellness Gladiator Meetings. These meeting dates correspond with calendared wellness activities:

<u>DATE</u>	<u>TIME</u>	<u>LOCATION</u>
Wednesday, February 23, 2023	2:00 – 4:00pm	Virtual
Wednesday, May 3, 2023	2:00 – 4:00pm	Virtual
Wednesday, August 30, 2023	2:00 – 4:00pm	Virtual
Wednesday, November 15, 2023	2:00 – 4:00pm	Virtual

*Additional meetings and correspondence may need to be provided in order to adhere to changes and mid-quarter updates.