

Employee and Retiree Service Center
The Bulletin—October 15, 2025

Join Well Aware for Physical Activity and Mindfulness Classes

This fall, Well Aware is continuing to hold live virtual, recorded, and onsite classes for your convenience. Join us for Zumba and Total Body Conditioning, yoga/seated yoga, core workouts, mindfulness, Tai Chi, and more! There is something for everyone. Give them all a try to see what you like best. [Email Well Aware](#) to get the full schedule of classes. Register for the daily wellness email update to stay up to date on class links, and updates. [Opt-in to this email distribution list](#).