

DATE	TIME	LOCATION	TOPIC
Thu. January 4	10 to 11 a.m.	City Council Chambers	Resolution Revolution – Patika Berkley (Cigna Health Coach)
Thu. January 25	10 to 11 a.m.	City Council Chambers	Eating your way to Wellness – Deer Oaks
Tue. February 6	10 to 11 a.m.	City Council Chambers	Heart Disease & Cholesterol – Patika Berkley (Cigna Health Coach)
Thu. February 15	10 to 11 a.m.	City Council Chambers	Eight Steps to a Healthy Heart – Deer Oaks
Tue. March 6	10 to 11 a.m.	City Council Chambers	Colorectal Cancer – Patika Berkley (Cigna Health Coach)
Thu. March 22	10 to 11 a.m.	City Council Chambers	Better Health Through Screening – Deer Oaks
Thu. April 19	10 to 11 a.m.	City Council Chambers	Tips for Smoking and Tobacco Cessation – Deer Oaks
Tue. April 24	10 to 11 a.m.	City Council Chambers	Alcohol Awareness – Patika Berkley (Cigna Health Coach)
Tue. May 1	10 to 11 a.m.	City Council Chambers	Make Fitness Fun – Patika Berkley (Cigna Health Coach)
Thu. May 3	2 to 3 p.m.	City Council Chambers	Health on the Move – Airrosti
Tue. June 5	10 to 11 a.m.	City Council Chambers	Men’s Health – Patika Berkley (Cigna Health Coach)
Thu. June 21	3 to 4 p.m.	City Council Chambers	Managing Workplace Stressors – Deer Oaks
Tue. July 10	10 to 11 a.m.	City Council Chambers	Cigna Healthy Babies Program, etc. – Patika Berkley (Cigna Health Coach)
Thu. July 19	10 to 11 a.m.	City Council Chambers	6,570 Days: Your Child from Birth to Late Teens – Deer Oaks
Tue. August 7	10 to 11 a.m.	City Council Chambers	Sleep Disorders – Patika Berkley (Cigna Health Coach)
Thu. August 23	3 to 4 p.m.	City Council Chambers	Let’s Sleep On It – Deer Oaks

Tue. September 11	10 to 11 a.m.	City Council Chambers	Stress Busters – Patika Berkley (Cigna Health Coach)
Thu. September 20	10 to 11 a.m.	City Council Chambers	Change or Rearrange it with Feng Shui – Deer Oaks
Thu. October 11	10 to 11 a.m.	City Council Chambers	Cigna Cancer Management Program – Patika Berkley (Cigna Health Coach)
Thu. October 25	2 to 3 p.m.	City Council Chambers	Tech Neck – Airrosti
Tue. November 6	10 to 11 a.m.	City Council Chambers	Coaching on Fighting Depression – Patika Berkley (Cigna Health Coach)
Wed. November 14	3 to 4 p.m.	City Council Chambers	Health on the Move – Airrosti
Tue. December 4	10 to 11 a.m.	City Council Chambers	Holiday Survival – Patika Berkley (Cigna Health Coach)
Thu. December 6	3 to 4 p.m.	City Council Chambers	Bereavement: Coping with Losses – Deer Oaks
Thu. December 13	10 to 11 a.m.	City Council Chambers	Beating the Blues – Deer Oaks

This Wellness Speaker Forum schedule was last revised **Mar. 28, 2018**, and is subject to change. Refer to the weekly “Employee News” email for updates. For more information, contact Cigna Health Coach Patika Berkley at (972) 721-3741, Benefits Specialist Rob Cascante Diaz at (972) 721-2682, Benefit Programs Assistant Angie Frettoloso (972) 721-4757, or Risk and Benefits Analyst Loretta Helm at (972) 721-3649.