

EVENTS 2025 REGISTRATION

To Register and get more detailed event information such as location, and times scan QR Code.

Question or Concerns?

Call Traci Goldstein @215-237-8029
and
Ann Lowe @215-908-8076

LET US **WOW** YOU!



29 March

- ☑ **Team LaborerStrong Wellness Club**
🕒 10:00 AM to 1:00 PM
📍 <https://shorturl.at/JB7OK>

05 April

- ☑ **Importance of Knowing Your Numbers
Cancer Screenings 101**
🕒 10:00 AM to 1:00 PM
📍 Philadelphia PA
📍 <https://shorturl.at/XBQOY>

26 April

- ☑ **What is COPD?
ABC's Heart Disease**
🕒 10:00 AM to 1:00 PM
📍 Philadelphia PA
📍 <https://shorturl.at/AVu1J>

10 May

- ☑ **Build Your Mind Mental Health Workshop #1**
🕒 10:00 AM to 1:00 PM
📍 Philadelphia PA
📍 <https://shorturl.at/eB0Jo>

17 May

- ☑ **NAMI Mental Health Walk for Hope**
🕒 9:00 AM to 12:00 PM
📍 Philadelphia PA
📍 <https://shorturl.at/lyKv6>

31 May

- ☑ **Big Climb Philly**
🕒 8:00 AM to 12:00 PM
📍 Subaru Park, Chester PA
📍 <https://bit.ly/3DASysd>

07 June

- ☑ **Managing Arthritis & Back Pain
Sleep Apnea**
🕒 10:00 AM to 1:00 PM
📍 Philadelphia, PA
📍 <https://bit.ly/4izu8OG>

14 June

- ☑ **Tie One on For Prostate Cancer Bike, Run, Walk**
🕒 7:00 AM to 10:00 AM
Contact the health and safety fund

28 June

- ☑ **Trust Your Gut- Manage Gastrointestinal Conditions
The Skinny on Skin Condition Management**
🕒 10:00 AM to 1:00 PM
📍 Philadelphia PA
📍 <https://bit.ly/3Rden3U>

09 August

- ☑ **Health and Safety Zoo Walk**
🕒 8:00 AM to 9:30 AM
📍 Philadelphia Zoo
📍 <https://bit.ly/4bWp4kZ>

27 September

- ☑ **Build Your Mind Mental Health Workshop #2**
🕒 10:00 AM to 1:00 PM
📍 Philadelphia PA
📍 <https://shorturl.at/t5tYw>

04 October

- ☑ **Health and Safety Retirement Bootcamp**
🕒 10:00 AM to 3:00 PM
📍 Philadelphia Campus
📍 <https://shorturl.at/yHGxK>

18 October

- ☑ **Walk to End Lupus**
🕒 8:30 AM to 12:30 PM
📍 Philadelphia, PA
📍 <https://shorturl.at/mwscB>

02 November

- ☑ **Autism Speaks Walk**
🕒 9:30 AM to 12:00 PM
📍 Philadelphia, PA
📍 <https://shorturl.at/SjoH1>