<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>FRIDAY, JULY 21, 2023</td>
<td>11:30 AM – 12:30 PM</td>
</tr>
<tr>
<td>FRIDAY, AUGUST 4, 2023</td>
<td>11:30 AM – 12:30 PM</td>
</tr>
<tr>
<td>FRIDAY, AUGUST 18, 2023</td>
<td>11:30 AM – 12:30 PM</td>
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<tr>
<td>FRIDAY, SEPTEMBER 1, 2023</td>
<td>11:30 AM – 12:30 PM</td>
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<tr>
<td>FRIDAY, SEPTEMBER 15, 2023</td>
<td>11:30 AM – 12:30 PM</td>
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<tr>
<td>FRIDAY, OCTOBER 6, 2023</td>
<td>11:30 AM – 12:30 PM</td>
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<tr>
<td>FRIDAY, OCTOBER 20, 2023</td>
<td>11:30 AM – 12:30 PM</td>
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<tr>
<td>FRIDAY, OCTOBER 27, 2023</td>
<td>11:30 AM – 12:30 PM</td>
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<tr>
<td>FRIDAY, NOVEMBER 10, 2023*</td>
<td>11:30 AM – 12:30 PM</td>
</tr>
<tr>
<td>FRIDAY, NOVEMBER 24, 2023</td>
<td>HOLIDAY</td>
</tr>
<tr>
<td>FRIDAY, DECEMBER 8, 2023*</td>
<td>11:30 AM – 12:30 PM</td>
</tr>
<tr>
<td>FRIDAY, DECEMBER 22, 2023</td>
<td>HOLIDAY</td>
</tr>
</tbody>
</table>

*Points earned after the end of the wellness year (October 31, 2023) will be awarded toward the 2024 Wellness Program.