**Healthy at Hopkins** is here to help you move forward with self-care.

### Interactive Events from the Worksite Wellness Menu

**Request an activity** for your team lead by a Healthy at Hopkins team member.

- Breathing and Meditation
- Progressive Muscle Relaxation
- Self-compassion in Action
- Sleep Seminars
- Meal Prep Made Easy, and More!

### 15 Minute Meet-ups

**Weekdays @ 12 p.m. (except Thursdays)**

Join a Healthy at Hopkins team member for **web-based meet-ups** to support your well-being and guide you through interactive activities. Daily themes:

- Mindfulness Monday
- Tabata Tuesday
- Walking Wednesday
- Flexible Friday

### Healthy at Hopkins Portal

Sign up today! Visit my.jh.edu > HR > Healthy at Hopkins and pin it as a favorite. Or [click here](#) to access the portal.

- Participate in Race the Globe spring and fall step challenges. *Friends and family members are invited!*
- Stay connected to colleagues who are on a similar path to well-being.
- Adopt healthy habits or embark on a new health journey to reduce stress, sleep better, or stay fit with your family.

### Ask the Expert

**Thursdays @ 12 p.m.**

Live, interactive discussions with Johns Hopkins Medicine experts on various health topics. [Access here](#)!

### Keep Your Pressure Down (KYPD)

This 12-week lifestyle program helps you lower your blood pressure and stress while increasing energy and improving sleep! Programs are offered in the spring and fall. Click [here](#) to learn more.

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Or call 833-554-4554. Healthy at Hopkins customer support services are managed by Labcorp Employer Services.

Programs are available to all employees of Johns Hopkins Medicine. [Click here](#) to access the calendar of events.