

Fitness Event

# GROUP FITNESS TRAINING

**EVERY FRIDAY  
IN MARCH**

WHP Corporate Center - Human Resources

**9:30AM - 10:30AM**



Scan QR Code!

**Event  
Registration  
Required**

Limited Space Available



**STARTS MAR. 3<sup>RD</sup>**

Join us for functional fitness training, where each session, teaches functional movements used in daily activities. With this program, you can look forward to building strength and improving your range of motion at any skill level.

**MAR. 3 | MAR. 10 | MAR 17 | MAR. 24 | MAR. 31**



For Upcoming Events Visit: [www.teamworks.gilariver.casino/wellness/events](http://www.teamworks.gilariver.casino/wellness/events)

Fitness Event

# AERIAL YOGA WITH WELLNESS

**SIGN UP FOR A  
CLASS TODAY!**

Tough Lotus - Aerial Yoga Studio

**3:00PM - 4:00PM**



Scan QR Code!

**Schedule  
Appointment  
Today**

Limited Space Available



**STARTS MAR. 7<sup>TH</sup>**

Get ready to flip and fly while strengthening and conditioning your body. This class will focus on strength and control to leaving you feeling better than ever.

**MAR. 7 | MAR. 14 | MAR. 21 | MAR. 28**

3050 N Dobson Rd # 2, Chandler, AZ 85224



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Fitness Event

# PAT'S RUN TRAINING SESSION

**INCLUDES THREE  
TRAINING SESSIONS**

Wild Horse Pass - Team Member Entrance

**3:00PM - 4:00PM**



Scan QR Code!

**Event  
Registration  
Required**

All Are Welcomed!



**STARTS MAR. 9<sup>TH</sup>**

Come train with the wellness team as you prepare for this year's 19th Annual Pat's Run. Each training session will help build endurance for for Arizona's signature run.

**MAR. 9 | MAR. 23 | MAR. 30**

For Upcoming Events Visit: [www.teamworks.gilariver.casino/wellness/events](http://www.teamworks.gilariver.casino/wellness/events)

Fitness Event

# HIKING WITH WELLNESS

**FRIDAY | MAR. 10<sup>TH</sup>**

South Mountain - National Trail

**2:00PM - 3:30PM**



Scan QR Code!

**Event  
Registration  
Required**

Limited Space Available



**SIGN UP TODAY**

Join us for a team hike located at National Trail - South Mountain. This trail is very scenic hike with moderate ups and downs along the way.

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Gallagher Webinar

# RETIREMENT INCOME & SOCIAL SECURITY

**WEDNESDAY | MAR. 15<sup>TH</sup>**

Online Webinar

**2:00PM Central Daylight Time**



Scan QR Code!

**Event  
Registration  
Required**

All Are Welcomed!



**SIGN UP TODAY**

You're invited to our 2023 Getting Better with Gallagher Financial Wellbeing Live Virtual Events. Join Gallagher Retirement Plan Consultants each month to learn more about how you can take small steps to achieve better financial wellbeing.

For Upcoming Events Visit: [www.teamworks.gilariver.casino/wellness/events](http://www.teamworks.gilariver.casino/wellness/events)

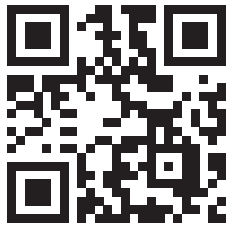
Blue Cross Blue Shield of Arizona

# BIOMETRIC SCREENING

**THURSDAY | MAR. 16<sup>TH</sup>**

Wild Horse Pass - Ocotillo B & C

**7:00AM - 11:00AM**



Scan QR Code!

**Schedule  
Appointment  
Today**

All Are Welcomed!



## FREE MEDICAL SCREENING

**KNOW YOUR NUMBERS!** One of the best ways to prevent chronic diseases like heart disease and diabetes is becoming aware of your numbers in the key risk areas of blood glucose, blood pressure, cholesterol, and BMI. At your biometric health screening, you will receive your numbers (immediately!) Scan the QR code to sign up for an appointment.

For Upcoming Events Visit: [www.teamworks.gilariver.casino/wellness/events](http://www.teamworks.gilariver.casino/wellness/events)



Golf Clinic

# GOLFING FOR WELLNESS

**WEDNESDAY | MAR. 22<sup>ND</sup>**

Whirlwind Golf Course

**9:00AM - 10:00AM**



Scan QR Code!

**Event  
Registration  
Required**

Limited Space Available



**Whirlwind**<sup>®</sup>  
GOLF CLUB

**SIGN UP TODAY**

Join us as we team up with Whirlwind golf professionals in an engaging instructional session that will introduce you to the game of golf or upskill your current abilities.

For Upcoming Events Visit: [www.teamworks.gilariver.casino/wellness/events](http://www.teamworks.gilariver.casino/wellness/events)

Lunch & Learn

# PROBLEM GAMBLING

**WEDNESDAY | MAR. 29<sup>TH</sup>**

Wild Horse Pass - Ocotillo Ballroom

**12:00PM - 1:00PM**



Scan QR Code!

**Event  
Registration  
Required**

Limited Space Available



**SIGN UP TODAY**

Provide a basic understanding of problems gambling and the dangers associated with it. Learn more about how to identify potential problem gamblers, understanding addictions, and risk factors and harms caused by problem gambling. Know when and how to refer someone for help and what support services are available.

For Upcoming Events Visit: [www.teamworks.gilariver.casino/wellness/events](http://www.teamworks.gilariver.casino/wellness/events)



# National Problem Gambling Awareness Month

**FRIDAY | March 10<sup>TH</sup>**

Lone Butte  
10AM - 2PM

**FRIDAY | March 17<sup>TH</sup>**

Wild Horse Pass  
10AM - 2PM

**FRIDAY | March 24<sup>TH</sup>**

Vee Quiva  
10AM - 2PM



**TDR**

**Lunch & Learn Table**

To increase public awareness of problem gambling and the availability of prevention, treatment & recovery services.

To encourage people being impacted by problem gambling to get help.

Stop by the TDR table.