



## RETIREMENT ACCOUNT BASICS - YOUR EMPLOYER PLAN & BEYOND

### GALLAGHER EVENT

Thursday, Feb. 15, 2024 | 1:00PM - 2:00PM

Learn strategies to make the most of your employer-sponsored retirement plan, selecting right investment options, and maximizing retirement savings.

**LOCATION:**  
Online Webinar

**SIGN UP TODAY!**



Limited Space Available



## GROUP FITNESS ACTIVITY

### FITNESS EVENT

Thursday, Feb. 22, 2024 | 8:30AM - 9:30AM

Join us for a functional fitness activity, we will be getting some fresh air as we walk toward our 2024 wellbeing goals. This event is low impact and entry level for team members looking to improve muscle movement, blood flow, breathing, and weight management.

**LOCATION:**  
Lone Butte Casino

**SIGN UP TODAY!**



Limited Space Available



## KICKBALL WITH WELLNESS

### SOCIAL EVENT

Tuesday, Feb. 27, 2024 | 9:00AM - 1:00PM

This event will be round-robin style with 30 minutes of game play, 3 rounds of site vs site play plus championship game. 15 people per team.

**LOCATION**  
Mountain Vista Park  
13647 S. 50th St., Phoenix, AZ 85044

**SIGN UP TODAY!**



Limited Space Available



## COOKING DEMO: HEART HEALTHY DISHES

### BLUE CROSS BLUE SHIELD OF AZ

Wednesday, FEB. 28, 2024 | 12:00PM - 1:00PM

Heart disease is the leading cause of death in the U.S., which means that focusing on your heart health is essential to living a longer, healthier life. Nutrition plays a key role in keeping your heart healthy. Join us to learn some yummy heart-healthy recipes!

**LOCATION:**  
Online Webinar

**SIGN UP TODAY!**



Limited Space Available

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