



WorkWell NYC is the City's worksite wellness initiative. We offer free and fun wellness programs that empower NYC City employees to live healthy, active lifestyles!



MOVE MORE

Get moving with our virtual and on-site fitness classes; connect with colleagues in our citywide movement challenges, and enjoy local gym discounts for City employees.
nyc.gov/movemore



EAT WELL

Nourish yourself with healthy food by participating in our virtual cooking classes; join our 5-A-Day and Julydration challenges; and access WeightWatchers discounts for City employees.
nyc.gov/eatwell



BE WELL

Care for your mental well-being and relax with our virtual meditation classes; foster gratitude in our annual gratitude campaign; and unwind with our self-care challenge.
nyc.gov/bewell



TAKE ACTION

Play offense with your health by attending a workplace screening or flu clinic; work with a health coach in our diabetes and hypertension prevention program; and access other preventive tools and resources.
nyc.gov/takeaction



PROJECT B.U.I.L.D.

Build understanding and diversity at your workplace by participating in our "Be a Better Ally" video training series; organize DEI trainings for your colleagues; and celebrate diversity through art in our "Art is Life" program.
nyc.gov/projectbuild

JOIN OUR MAILING LIST!

