

WW Virtual Workshops Exclusively for JPMC members!

JPMC employees can now connect with their colleagues and other JPMC members on a journey to wellness.

Day	Time (EST)	Coach
Tuesdays	11:15 AM	Lisa H
Wednesdays	9:00 AM	Susan B
Wednesdays	12:30 PM	Amy K

*JPMC employees must sign up for a **WW Digital + Workshops** membership to participate by visiting [WW.com/us/JPMC](https://www.wellness.com/us/JPMC)*

*Once enrolled in a WW Digital + Workshops plan, the Virtual Workshops will be accessed through **JPMC's Connect group**.*

If the above times do not work for your schedule, you still have access to over 800 Virtual Workshops through the studios in your community on Connect.

