



TRIBE Health & Wellness Event!



TRIBE (TriHealth Resource Initiative for Black Employees) Employee Resource Group is hosting a free BOOTCAMP-style workout led by Fitness Guru Ryan Walker.

Let's lose that COVID-19 weight and get active at a pandemic-friendly group workout session that is guaranteed to get your body moving and your heart rate up.

Date: Monday, April 19, 2021

Time: 5:00 pm – 6:00 pm

Location: Mirror Lake at Eden Park

This event is open to all TriHealth team members. Feel free to bring a yoga mat for your convenience.

Bottled waters and healthy refreshments will be available.

This event is powered by TRIBE and sponsored by TriHealth.

TRIBE is an Employee Resource Group (ERG) that brings people together to help increase awareness of our rich culture through special events celebrating history and heritage and developing leaders. If you are interested in joining the TRIBE, please contact TRIBE at tribe@trihealth.com.

