

MAY 2026



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

EVENTS MARKED WITH AN ASTERISK (*) REQUIRE ADVANCE SIGN-UP TO ATTEND.

4

5 **Cinco DiLeo Lunch**
12-1:00pm

6 **Wellness Wednesday**
Recharge Bar

7 **Thirsty Thursday**
Refreshments

1

8 **Wear Green for a chance to win**
See back for entry details

***Massages**
11-1pm

11

12 ***B12 Shots & Massages w / Selora Med Spa**
2 - 4pm (Buff Only)

13 **Wellness Wednesday**
Recharge Bar

14 **Thirsty Thursday**
Refreshments

15 **175th MassMutual Anniversary Raffle**
See back for entry details

***Massages**
12:30 - 2:30pm (Roc / Cuse Only)

***Lunch & Learn w/ FJC Services**
11:30 - 12:30pm

18 ***Lunch & Learn w/ Endeavor Health Services**
11:00am - 12:30pm

19 ***Lunch & Learn w/ Custom Dietetics**
12 - 1pm

20 **Wellness Wednesday**
Recharge Bar

21 **Thirsty Thursday**
Refreshments

22 **Donate money to Endeavor Health Services for a chance to win**
See back for entry details

***Paint 'n Snack w/ Katey Beaton**
11:00am

***Massages**
11-1pm

25 **FIRM CLOSED**

26 ***Massages**
11am - 2pm (Buff Only)

27 **Wellness Wednesday**
Recharge Bar

28 **Thirsty Thursday**
Refreshments

29 **Scratch-Off Surprise**
See back for entry details

***Massages**
12:30 - 2:30pm (Roc / Cuse Only)

***Pilates w/ Chalen Jordan**
1:00pm

Events Guide



*SIGN-UP REQUIRED EVENTS:

Massages | May 8, 12, 22 and 26

Enjoy a 10 minute massage slot to relax and recharge!

B12 Shots (Buff Only) | May 12

Enjoy a quick B12 shot to boost energy, support metabolism, and give you an extra lift!

Cinco DiLeo Lunch | May 5 (Via Outlook)

Join us for lunch this Cinco DiLeo! Enjoy delicious food, wear your brightest colors, and get entered into a raffle for a chance to win a prize!

All events below will be held in person in Buffalo and virtually for Rochester / Syracuse.

Lunch & Learns

FJC Services with Amy Bella | May 14 | 11:30 - 12:30pm

- Supporting Clients with Empathy: Navigating Sensitive Conversations Without Overstepping

Endeavor Health Services | May 18 | 11:00am - 12:30pm

- Mindfulness Meditation
- Question, Persuade, & Refer- suicide prevention training

Custom Dietetics | May 19 | 12-1pm

- Healthy Habits

Paint 'n Snack | May 21 | 11am

Learn how to de-stress in the workplace while painting.

Pilates | May 29 | 1:00pm

Step into a fun, beginner-friendly Pilates session for everyone! **Please bring a Pilates/Yoga mat or beach towel!**

WALK-IN EVENTS:

Wellness Wednesday | Every Wednesday

Enjoy our Recharge Bars, packed with snacks and drinks to keep you going!

Thirsty Thursday | Every Thursday

Enjoy our Water Stations, featuring ice-cold water infused with fresh fruit!

GIVEAWAYS:

Cinco DiLeo Lunch | May 5

Wear your brightest colors, and get entered into a raffle for a chance to win a prize!

Wear Green for a Chance to Win | May 8

Wear green on Friday to receive a raffle ticket and be entered for a chance to win a prize!

All Inclusive Raffle | May 15

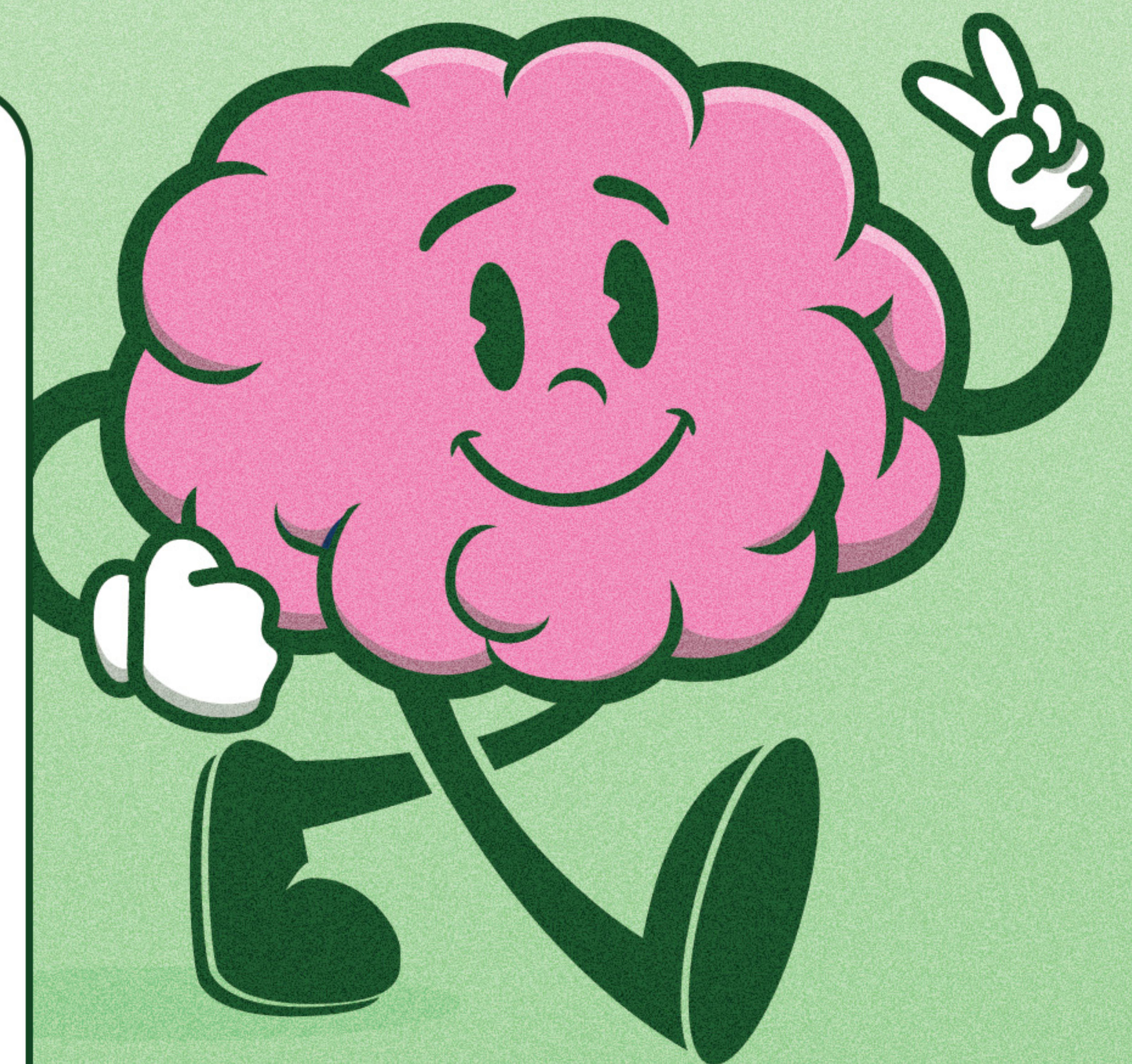
The entire firm will be automatically entered, and one winner will be selected at random.

Donate for a Chance to Win | May 22

Donate to Endeavor Health Services (see reception) to receive a raffle ticket for a chance to win.

Scratch-Off Surprise | May 29

Check your desk for a scratch-off card—if you reveal Joe and Drew under the golden circle, you've won a gift basket!



Scan to learn more & sign up!