

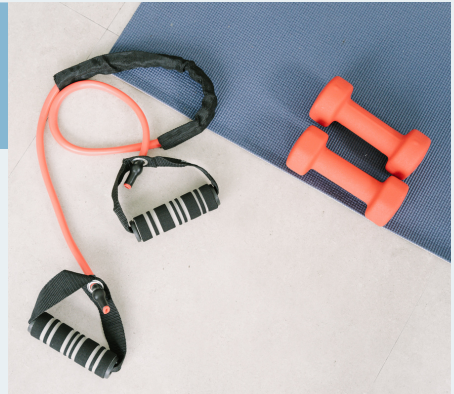
THE 411@ 321

January Newsletter

RESOLUTION REWARDS

January 1st-January 31st

We will be rewarding our top fitness center user each week this month. The amount of visits to the gym increase your chance of winning regardless if you're going for cardio, a stretch, recovery session with any of the hyperice tools, or strength training. Good luck!



MARTIN LUTHER KING JR CELEBRATION

January 12th 10am-12pm

We are honoring MLK Day by projecting our tenant, Foley and Lardner's Oratory, where local students deliver their original speeches in MLK's honor; treats will be served. Tell us your dreams, big or small, to be entered into our raffle, by filling out our "I have a dream" board in the lobby; the winner will be announced Wednesday, January 17th.

FUN AT WORK DAY

January 24th 11:30am-1:30pm

Join us in the tenant lounge for games, prizes crafts and snacks to celebrate National Fun at Work Day!



WINTER WELLNESS WEBINARS

January 11th and January 25th



We have complimentary wellness webinars hosted by our Hines Platinum Partner, Modern Aligned Health. Click or scan below to RSVP .



RESOLUTION OVERLOAD:

Understanding Common Nutrition Trends
January 11th 12:00pm

A FUNCTIONAL MEDICINE PERSPECTIVE

Hyper and Hypothyroidism
January 25th 12:00pm



321 STAFF SPOTLIGHT

Naeemah Calhoun

Naeemah is our 321 N Clark Lobby Ambassador she started this position in August and has been an integral part of the team ever since.

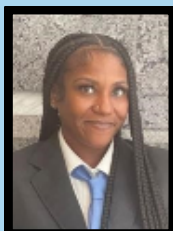
About Me:

Favorite Food: Jerk Steak Alfredo

Dream Job: To own my own Beauty Bar.

Fun Fact: I enjoy administering facials

Biggest Role Model: My Mom



WARM UP THIS JANUARY & FEBRUARY WITH IN OFFICE CATERING!

No need to venture outside for lunch, the catering team at RPM & Pizzeria Portofino are at your service. Enjoy direct contact ordering with Shannon: sbinder@lettuce.com as well as free of charge setup/delivery through February 29th 2024!



321 RECYCLING

November 2023 Recap

Trees saved: 68

Cardboard: 2,865 lbs

Paper: 4,062 lbs

Plastic/Glass/Aluminum: 52 lbs

Water: 23,599 Gallons



Did you know buildings consume a total of 40% of the total US energy consumption? Buildings use vast resources and generate large amounts of waste. As a LEED building, we are grateful for your active participation in our efforts to reduce our waste.



HAPPY 2024
321 N CLARK!

