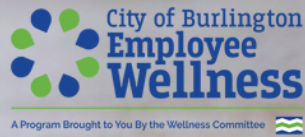


Recognize & Elevate Wellness Newsletter



A Program Brought to You By the Wellness Committee

NOVEMBER

"Autumn teaches us the beauty of letting go. Growth requires release—it's what the trees do." - Ka'ala.

- Bladder Health Awareness Month
- COPD Awareness Month
- American Diabetes Month
- Epilepsy Awareness Month
- Family Caregivers Month
- Lung Cancer Awareness Month
- Stomach Cancer Awareness Month

REMINDERS/OFFERINGS:

- **Employee Open Enrollment Period** - employees will be emailed with more information. All changes made during open enrollment will become effective on January 1, 2024.
- **Financial Wellness Seminar: Transitioning Successfully Into Retirement** - 11/7/23 @ 10 am
- **Self-care:** Free Yoga Classes with **Sangha Studio** and Meditation Sessions using **Insight Timer**.
- The **Be-Leaf In Yourself Fitness Challenge** starts 11/1/2023. Check your email for more details!

DID YOU KNOW?

Big change is possible. Cigna's **My Health Assistant** online coaching program is there to help you take some small steps toward significant change. My Health Assistant offers the following goals to help you better your health and wellness: balance your diet, quit tobacco, manage diabetes, manage heart failure and heart disease, lose weight, enjoy exercise, and cope with the blues. **To enroll online, visit myCigna.com, login, then select "My Health Assistant" under the "Wellness" drop-down menu.**



WELLNESS CHAMPION SPOTLIGHT

Meet Paul, a workplace wellness champion! In 2015, at 50, he underwent double hip replacement surgery, resulting in significant weight gain due to complications. In 2021, inspired by his dream of being able to play with his family while watching them play hockey in NJ, Paul embarked on a transformation journey, starting at 240 lbs. He began changing his eating habits and, shortly after that, started his position at Patrick Leahy Burlington International Airport as Airport Ambassador at 230 lbs in 2022. His co-workers, John Car, Taysir Al Attar, Josh, and Matt Deforge, inspired him along the way, sharing their workout regiments, especially Josh's incredible weight loss story, where he lost over 200 lbs. The Airport Ambassador role, involving extensive walking, spurred Paul's weight loss, with shifts averaging 7.5 miles, with the highest being 17 miles in one night. Paul also joined an over-40 hockey league at Leddy Park, scoring 15 goals and 28 assists in 22 games while becoming a gym member. Today, at 58 and 167 lbs, he's achieved his best shape since his intercollegiate soccer days at Syracuse University. Notably, he has played 7 games with his brother and nephews in NJ as an honorary team member, making his dream a reality. Paul's story is inspirational and motivating, and we invite you to join us in celebrating him and how the workplace has helped support his transformation!

Paul Poltz, Airport Ambassador,
Patrick Leahy Burlington
International Airport

THANK YOU FOR READING!



FOLLOW US ON INSTAGRAM
[@BTVEmployeeWellness](https://www.instagram.com/BTVEmployeeWellness)

To nominate the recipient for the upcoming month's Wellness Champion Spotlight or offer suggestions for compelling content, we invite you to contact us via email at wellness@burlingtonvt.gov. Your input is invaluable in recognizing and celebrating City employees who consistently enhance workplace vitality and overall health!

"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel." - Maya Angelou.