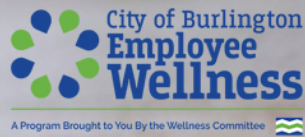


Recognize & Elevate Wellness Newsletter



A Program Brought to You By the Wellness Committee



OCTOBER



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

- Hispanic Heritage Month (Sep. 15-Oct. 15)
- ADHD Awareness Month
- Depression Awareness Month
- Breast Cancer Awareness Month
- Mental Illness Awareness Week (Oct. 1-7)
- World Mental Health Day (Oct. 10)
- National Coming Out Day (Oct. 11)

REMINDERS/OFFERINGS:

- **Flu Shot Clinics: October 3, 4, 11, and 12** - the clinic on the 12th is for Police department employees only. Check your email for more details!
- **Financial Wellness Seminar: Navigating Your Employer Benefits** - 10/10/23 @ 10am
- **Self-care:** Free Yoga and Meditation Sessions @ **Sangha Studio!**
- Complete your **Annual Online Health Assessment** by Tuesday, October 31, 2023!
- **Employee Wellness Fair** - October 20th, 11 am- 3 pm!

DID YOU KNOW?

Cigna's **Healthy Pregnancies, Healthy Babies Program** can earn you money! Whether you are a first-time parent or this will be your second or third child, you can enroll in the program today. If you register and complete the program, you will receive a \$300 debit card (first trimester) or \$150 for enrolling during the second trimester. **Enroll today at 800-615-2906! Program perks:** 24/7 telephone support, educational videos, pregnancy tracking, assistance ordering a breast pump, etc.



WELLNESS CHAMPION SPOTLIGHT

Meet Margaret, a true champion of workplace wellness! Since joining the Wellness Committee in 2017, Margaret has helped create positive impacts. Her advocacy led to the creating of a much-needed Wellness Room during the City Hall renovations, providing a private space for expressing breast milk and fostering well-being. Margaret's active involvement with the Wellness Committee brought in-person/on-site yoga to our workplace, emphasizing the importance of overall wellness. She also coordinated on-site massages at various City departments in FY23. Looking forward, she would love to start a "walk at lunch" program to keep people active and connected, and she also wants to lead by example by using the City Hall Wellness Room more often. Margaret's dedication to her colleagues' well-being is an inspiration, and we invite you to join us in celebrating her vision for a healthier, happier workplace!

Margaret Williams,
Lead Program Manager,
CEDO

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!

THANK YOU FOR READING!



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[@BTVEMPLOYEEWELLNESS](https://www.instagram.com/BTVEMPLOYEEWELLNESS)

"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.