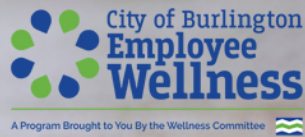


# Recognize & Elevate Wellness Newsletter!



A Program Brought to You By the Wellness Committee

## SEPTEMBER

New month, new day, new date, new chapter, new page, new wishes.  
Welcome September!

- Life Insurance Awareness Month
- Pain Awareness Month
- Blood Cancer Awareness Month
- National Alcohol & Drug Addiction Recovery Month
- National Suicide Prevention Awareness Month
- World Alzheimer's Disease Month

### REMINDERS/OFFERINGS:

- **The Fun in the Sun Fitness Challenge** ends on 9/11/2023
- **Financial Wellness Seminar: Is Your Financial House in Order?** 9/12/23 @ 10am
- **Wellness Webinar: Family Life - The Juggling Act** on 9/20/2023 @ 1:00 - 2:00 pm
- **Self-care: Free Yoga and Meditation Sessions @ Sangha Studio!**

### DID YOU KNOW?

Completing your **Annual Online Health Assessment** by Tuesday, October 31, 2023, as an eligible employee can earn you up to \$100 as a Wellness Bonus reward. To complete the health assessment, visit [myCigna.com](https://myCigna.com) and select "Health Assessment" under the "Wellness" tab. To learn more about the Wellness Bonus Program, [click here!](#)



Meaghan Diffenderfer,  
Accounting Assistant,  
Clerk/Treasurer's Office

### WELLNESS CHAMPION SPOTLIGHT

Meet Meaghan, a driving force in our workplace wellness journey. She champions open conversations, sparking kindness and growth among colleagues in her department. Through joy-filled initiatives like the recent City Hall Employee Summer Carnival, Meaghan helped plan with the Fun Committee; she's deepened relationships and reenergized the team environment. Looking forward, Meaghan aims to infuse more playfulness into her colleagues' work lives. Her leadership reminds us that wellness thrives on connection and balance. Join us in embracing Meaghan's vision for a healthier, happier workplace!

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](mailto: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.*

### THANK YOU FOR READING!

Follow us on Instagram  
[@btveployeeewellness](https://www.instagram.com/btveployeeewellness)

