



Employee Wellness

November Newsletter

Benefits Spotlight

☀️ **November is National Diabetes Month!**
Diabetes affects how your body turns food into energy. Though it can't be cured, healthy lifestyle choices can lower the effects of diabetes.

Type 1 happens when the body stops making insulin.

Type 2 is more common and occurs when the body doesn't use insulin effectively.

🌟 **Prediabetes = A Wake-Up Call!**

1 in 3 adults has prediabetes, but it's not too late! Healthy habits can make a big difference and often be reversed!

💻 **Don't Miss the TRS ActiveCare Diabetes 101 Webinar!**

Symptoms | Treatments | Prevention & Management
Wednesday, Nov 19

🕒 **12:00-12:45pm**

🕒 **5:00-5:45pm**



Mental Health Challenge

From November 5-18, join our Mental Health Challenge by practicing daily self-care. Review the Healthy Tip for ideas and submit one entry each day you practice self-care – the more days you participate, the more chances to win!

🎁 **Prize:** A free 30-day Gold's Gym membership for one lucky winner! Let's make self-care a daily habit and prioritize our mental well-being. ❤️

https://docs.google.com/forms/d/e/1FAIpQLSf5oXPIDq1vzT_m3AV5Nr-iTs1-D1OKPRZ4CeQpeEVIJc-Ig/viewform?usp=header



HEALTHY TIP

Taking time for yourself each day helps reduce stress and improve your mood. Try simple acts of self-care like going for a walk, listening to music, journaling, meditating, reading, or spending time with loved ones. You can also unwind with deep breathing, enjoy a warm bath, stretch, cook a healthy meal, limit screen time, or get a good night's sleep. Small moments of calm can make a big difference in your mental well-being.

HEALTHY RECIPE

Meals for fall with 3 ingredients or less:

- Broccoli & Cheese Pasta
- Roasted Chicken & Butternut Squash
- Roasted Spaghetti Squash with Turkey Meat Sauce

<https://tinyurl.com/44wvxmvu>



CHALLENGE WINNER

Sara Pena the PE T.A. from Creedmoor ES is our October Step Challenge Winner! She won a \$50 Cabo Bob's Gift Card!

