

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/IFAIp QLSf5oXPIDq1vzT_m3AV5Nr-iTs1-D1OKPRZ4CeQpeEVIdJc-lg/viewform? usp=header

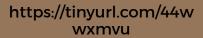
HEALTHY TIP

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





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!

