



NOVEMBER NEWS



HELLO NOVEMBER

Welcome to November Team VCS!

Don't forget to register for our Trails to Success 5k happening this month. As always staff can join for free! We are looking forward to seeing you out there at Gemini Springs.



WELLNESS BOOKINGS

Wellness is happy to introduce the new "Wellness Tile" on VPortal!



If you're interested in connecting to learn about our EAP, Mental Health/Wellness resources, or general wellness inquiries, please book a 1-on-1 time to meet.



STAY IN TOUCH

Lauren Meinelt

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EXT 20302

NOVEMBER WEBINARS

- 11/06/2025: No Excuses- Getting beyond if's and but's in life
- 11/11/2025: The Power of Introversion
- 11/20/2025: The Impact of Gratitude

Registration links below

NOVEMBER DAYS OFF

November 11th, 2025 & Thanksgiving Break

Have an enjoyable and peaceful break.

Warmly,
VCS Wellness

