

Food Safety Education:

Keep it Safe, Keep it Healthy!

Take a moment to recognize Food Safety Education Month and the importance of safe food handling. Simple habits in the kitchen can help prevent foodborne illness and protect you, your family, and your community.

Practice key food safety steps—clean your hands and surfaces, separate raw and ready-to-eat foods, cook foods to the proper temperature, and refrigerate perishables promptly. These everyday actions can make a big difference in keeping meals safe and healthy.

Your health starts in the kitchen. Make food safety part of your routine and enjoy every meal with confidence.

Join Our Monthly Online Wellbeing Groups!

Brought to you by ComPsych® 



Looking to reset your routine and add a boost of positive energy to your month? Join a ComPsych® **huddle, webinar, or guided practice** anytime this month—and when you complete a quick survey by **9/30**, you'll be entered to win a **\$50 e-gift card!** Scan the QR code or click [here](#) to get started!

Explore sessions designed to support your wellbeing, reduce stress, and give you practical tools for your day—both in and out of the classroom.

All REEP members are welcome to participate—**regardless of medical plan enrollment.**

Live Webinar, Sponsored by Kaiser:

Functional Fitness: Active at Every Age

Learn exercises and movement patterns that mirror your everyday activities to improve strength, balance, and mobility. By practicing real-life movements, you'll enhance your quality of life, prevent injury, and move with greater confidence and ease.



- **September 21st, 12:00pm**
- Scan QR code or click [here](#) to join from a desktop or mobile device.
- You do not need to be a Kaiser Permanente member to join.



September Recipe

Cobb Salad with Pears



Nutritional Information

Calories: 64 per Serving

Fat: 2.95g per Serving

Carbohydrates: 9.03g per Serving

Protein: 1.58g per Serving

Ingredients

- 2 canned pear halves
- 6 cups mesclun mix baby greens
- ½ tablespoon Parmesan cheese
- 1 ⅓ cups of grated carrots
- 3 tablespoons of walnuts

For the dressing:

- ¼ cup pear juice
- ¼ teaspoon cider vinegar
- ¼ teaspoon honey
- ¼ teaspoon dijon mustard
- 1 dash salt and black pepper
- ¼ teaspoon extra virgin olive oil

Directions

- For the dressing, mix pear juice, vinegar, honey, mustard, and salt and pepper and olive oil in a blender.
- Put mixed greens in large mixing bowl, drizzle dressing over greens and mix together.
- Add remaining chopped pear, walnuts, and grated carrots and toss lightly.
- Portion out 1 cup of salad and top with 1/2 tablespoon grated Parmesan cheese.

Source:

<https://myplate.food/recipes/cobb-salad-pears>

Monthly Health Observance



Age Well: *Healthy Habits for Every Stage of Life*

September is Healthy Aging Awareness Month, a time to celebrate the positive steps we can take to support our health and independence as we age. Healthy aging isn't just about adding years to your life—it's about adding life to your years. By adopting healthy habits today, you can help maintain your physical, mental, and emotional well-being for the future.

According to the CDC, healthy aging includes staying physically active, eating a balanced diet, getting enough sleep, managing chronic conditions, and staying socially connected. Regular preventive care, including routine checkups and recommended screenings, can also help identify health concerns early and keep you feeling your best. It's never too early—or too late—to make healthy lifestyle changes that support long-term wellness.

Healthy Habits for Healthy Aging:

- Stay physically active with regular movement you enjoy
- Eat a nutritious, well-balanced diet
- Get recommended preventive screenings and vaccinations
- Prioritize quality sleep each night
- Stay socially connected with family, friends, and your community
- Keep your mind active by learning new skills or engaging in hobbies
- Manage chronic conditions by following your healthcare provider's recommendations

This month, take time to invest in your future health. Small, consistent choices can have a lasting impact on your quality of life, helping you remain active, independent, and healthy for years to come.

Source:

<https://www.cdc.gov/healthy-aging/about/index.html>

Seeking connection and new skills?

Huddle up!

What are ComPsych® Huddles?

ComPsych Huddles are hour-long interactive online support groups focused on education, skill building, and peer connection. **Alliances** offer safe virtual spaces for individuals within shared communities, while **Webinars** provide listen and learn sessions and **Practices** deliver 25-minute guided exercises such as mindfulness or relaxation.

All times are listed in **Pacific** and are subject to change. New sessions may be added throughout the month, so please check back regularly for updates.



Alliances

Date	Title	Time
9/2/2026	Neurodivergent Alliance	8:00 AM
9/3/2026	Black Alliance	10:00 AM
9/10/2026	LGBTQIA+ Alliance	10:00 AM
9/15/2026	Asian Alliance	7:00 AM
9/17/2026	Educator Alliance	2:00 PM
9/21/2026	Hispanic/LatinX Alliance	11:00 AM

Huddles

Date	Title	Time
9/1/2026	Mood Management 1: Thoughts	10:00 AM
9/2/2026	Aging Well Starts Today: Building Health for the Years Ahead*	10:00 AM
9/3/2026	Self-Care and Resilience Building	8:00 AM
9/4/2026	Mindfulness 1: Introduction to Mindfulness	7:00 AM
9/4/2026	Setting Healthy Boundaries	10:00 AM
9/8/2026	When Everything Feels Like Too Much: Helping Kids Manage Overwhelm	10:00 AM
9/8/2026	Coping with Uncertainty	11:00 AM

Huddles cont.

Date	Title	Time
9/9/2026	Menopause 101	2:00 PM
9/10/2026	Building Self-Compassion	7:00 AM
9/11/2026	Self-Care and Resiliency	11:00 AM
9/11/2026	Relaxation Techniques	1:00 PM
9/14/2026	Cardiovascular 101	10:00 AM
9/15/2026	The Power of Food: Simple Steps to an Anti-Inflammatory Diet	10:00 AM
9/16/2026	Mood Management 2: Behaviors	8:00 AM
9/16/2026	Mindful Movement	10:00 AM
9/17/2026	Relaxation Techniques	2:15 AM
9/21/2026	Improving Sleep	10:00 AM
9/22/2026	Unhealthy Habits: Breaking Cycles and Building Consistency	8:00 AM
9/22/2026	Preventing Burnout: Sustainable Self Care for Busy Lives	11:00 AM
9/23/2026	Tobacco and Nicotine Cessation and Relapse Prevention	7:00 AM
9/23/2026	Mindfulness & Well-Being: Body & Emotion*	11:00 AM
9/24/2026	Menopause 101	10:00 AM
9/24/2026	Teaching Emotional Regulation Without Punishment*	11:00 AM

How to Huddle up!

Participants can view the calendar of upcoming Huddles on GuidanceResources® Online or the GuidanceNowSM app and self-register for topics that resonate with them.

To join a session:

- 1 Scan the QR code below or log on to GuidanceResources Online. (If you have not yet registered on the site, use your organization's unique Web ID to do so.)
- 2 Scroll down to and click on **Browse All Services**
- 3 Choose the **Online Huddles** tile and accept the external link notification

Practices

Date	Title	Time
9/1/2026	Progressive Muscle Relaxation Practice	7:00 AM
9/3/2026	Guided Meditation Practice	7:00 AM
9/8/2026	Mindfulness Brief Practice	6:00 AM
9/8/2026	Gratitude Brief Practice	7:00 AM
9/11/2026	Posture Reset Practice	7:00 AM
9/14/2026	Mindfulness Brief Practice	7:00 AM
9/15/2026	Guided Imagery Practice	9:00 AM
9/18/2026	Guided Stretching Practice	7:00 AM
9/21/2026	Guided Imagery Practice	7:00 AM
9/23/2026	Progressive Muscle Relaxation Practice	8:00 AM
9/24/2026	Mindfulness Brief Practice	8:00 AM
9/25/2026	Guided Breathing Practice	7:00 AM



Webinars

Date	Title	Time
9/3/2026	Importance of Credit in Today's Economy*	9:00 AM
9/9/2026	Coping with Trauma	7:00 AM
9/9/2026	Parenting in the Age of AI*	9:00 AM
9/10/2026	Me Duele El Corazón (My Heart Hurts)	9:00 AM
9/14/2026	Kids and Meals: It Doesn't Have to Be a Battleground*	12:00 PM
9/16/2026	What to Know Before Filing for Bankruptcy	11:00 AM
9/17/2026	Cancer Lifestyle Support: Healthy Habits for Day-to-Day Challenges	10:00 AM
9/18/2026	Coping with Grief and Loss	10:00 AM
9/22/2026	Living Nicotine Free	2:00 PM
9/24/2026	The Impact of Substance Abuse on Family*	9:00 AM



Call: 855-459-6512
App: GuidanceNowSM
Web ID: REEPEAP
Online: guidanceresources.com

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life's challenges, big or small.

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- Grief, loss, life adjustments
- Relationship/marital conflicts



Work and Lifestyle Support

- Child, elder, and pet care
- Moving and relocation
- Shelters, government assistance



Legal Guidance

- Divorce, adoption, family law
- Wills, trusts, estate planning
- Free consultation and discounted local representation



Financial Resources

- Financial planning, retirement, taxes
- Relocation, mortgages, insurance
- Budgeting, debt, bankruptcy



Digital Tools and Support

- Immediate connection to counseling, work-life support, and more
- Personalized guided behavioral health and well-being programs
- Interactive articles, videos, on-demand trainings, digital self-care tools
- Accessible resources for anxiety, stress, mindfulness, sleep, and more



Well-Being Support

- One-on-one Well-Being Coaching for positive lifestyle changes
- Improve mindfulness, nutrition, sleep, exercise habits
- Support for smoking cessation, weight management, and more

Scan for video
tour to explore
your program:



Contact

us!

Call: 855.459.6512

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