

OCTOBER EMPLOYEE WELLNESS NEWSLETTER

Benefits Spotlight



October is Breast Cancer Awareness Month!

This is a great time to make breast health a priority. Know what is normal for you, stay up to date with recommended screenings, and talk with your healthcare provider about any changes.

Don't miss this opportunity to learn more and prioritize your health!

Join TRS ActiveCare for an informative wellness webinar covering breast cancer types, risk factors and symptoms, screenings and prevention.

Date: Monday 10/19 & Wednesday 10/21

12pm-12:45pm

<https://tinyurl.com/TRSBreastCancer>



Step Challenge

Challenge Dates: Oct. 5 – Oct. 23

How to Participate:

1. Track your daily steps using your preferred device (fitness tracker, smartwatch, phone app, etc.).
2. Each day you take a minimum of 5,000 steps add a screenshot of your step count using the form below to have an entry in the prize drawing.

Prize: \$50 Cabo Bob's gift card!

Lace up, get moving, and let's step toward a healthier heart together!

September Challenge Winner!

Congrats to Melissa Moya-Martinez the winner of the September Wellness Challenge!

Taking Care of yourself is NOT Selfish



Step away from screens for a while.



Enjoy a quiet moment with yourself.



Get enough sleep and honor your rest.

Healthy Recipe

"One cannot think well, love well, or sleep well, if one has not dined well."

~ Virginia Woolf



20-Minute Chicken Noodle Soup

<https://tinyurl.com/m/4yhz934w>

Miso Veggie Soup

<https://tinyurl.com/yj7ubksd>

