



Wellness at Work website: <https://wellness.charlottecountyfl.gov>

2022	July	August	September
<b>Awareness &amp; Topic</b>	<b>UV Safety Month</b>	<b>Sleep Awareness</b>	<b>Women's Health Awareness &amp; Leukemia Awareness</b>
<b>My Health Onsite WebEx Presentations</b>	How to Read a Nutrition Label & Breaking Down Macronutrients July 19 <sup>th</sup> <a href="#">12 pm</a> & <a href="#">5:30 pm</a>	Creating Healthy Sleep Habits August 16 <sup>th</sup> <a href="#">12 pm</a> & <a href="#">5:30 pm</a>	Tip1s for Improving Brain Health & Cognitive Function September 20 <sup>th</sup> <a href="#">12 pm</a> & <a href="#">5:30 pm</a>
<b>Cigna Webcast Presentations</b>  <a href="#">Register Here</a>	July 6 <sup>th</sup> New Parents: Off to a good start  July 20 <sup>th</sup> Secret of Happiness	August 3 <sup>rd</sup> Violence in the Workplace  August 17 <sup>th</sup> Managers: Whole Person Wellness for Leaders	September 7 <sup>th</sup> Mental Health: You Can Make a Difference  September 21 <sup>st</sup> The Power of Authenticity
<b>Email Themes</b>	Sun Safety & Hydration	Tips for Better Sleep	Women's Health & Leukemia Awareness
<b>Wellness Presentations</b>	Trivia Night July 26 <sup>th</sup> at 5:30 pm <a href="#">Save Your Spot</a>		Healthy Happy Hour Social September 8 <sup>th</sup> at 5:30 pm <a href="#">Save Your Spot</a>
<b>Weight Loss Program</b>	My Health Onsite: 12 Weeks Weight Loss Program <a href="#">Learn More</a> Begins the week of July 13 <sup>th</sup> , 2022 <a href="#">Wednesday 12 – 1 pm</a> <a href="#">Wednesday 5:30 – 6:30 pm</a> <a href="#">Thursday 12 – 1 pm</a> <a href="#">Thursday 5:30 – 6:30 pm</a>		
<b>Challenges</b>	<a href="#">Stretching Challenge</a>	<a href="#">Saving Challenge</a>	
<b>Programs</b>	Omada Pre-Diabetes Program (available year-round): <a href="#">Learn More</a> & <a href="#">Register Here</a> Fitbit & Fitbit Premium <a href="#">Click here for the Storefront</a>		Book Club – The Four Winds <a href="#">Register Here</a>