



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

2022	October	November	December
Awareness & Topic	Cancer Prevention & Screening & Joint and Bone Awareness	American Diabetes Month	Holiday Tips & Learn About 2023
My Health Onsite WebEx Presentations	October 20 th How To Boost Immunity 12 pm & 5:30 pm	November 17 th How To Incorporate Wellness Into Your Holiday Season 12 pm & 5:30 pm	December 15 th The Foodmap Diet: An Approach To Manage IBS 12 pm & 5:30 pm
Cigna Webcast Presentations Register Here	October 5 th Raising Money-Savvy Kids October 19 th Managers: Leading with Emotional Intelligence	November 2 nd Strategies for Caregiving Challenges November 16 th Achieving Success: Using Goals to Get There	December 7 th Holiday Stress: Putting Happy Back in Holidays
Email Themes	Cancer Prevention & Screening & Joint and Bone Awareness	American Diabetes Month	Holiday Tips & Learn About 2023
Wellness Presentations	Self Care: Investing in ME October 27 th from 12 – 1 pm Join Meeting	Acing Your Grocery Budget November 16 th : 12 – 1 pm Join Meeting	Fiscally Fit Holidays December 1 st : 12 – 1 pm Join Meeting
Weight Loss Program	My Health Onsite: 12 Weeks Weight Loss Program – October & next session 2023		
Challenges	Thankful and Giving Challenge Learn More		
Programs	Omada Pre-Diabetes Program (available year-round): Learn More & Register Here Fitbit & Fitbit Premium (available year-round) Click here for the Storefront		Happy Holiday & New Year. Welcome 2023!