

# November 2024 Wellness Calendar



CLEARWATER  
WELL@WORK

SUN	MON	TUE	WED	THU	FRI	SAT
		<h2>National Gratitude Month</h2>			<b>1. National Calzone Day</b> 	2. Tips to stay healthy through the holidays: Drink plenty of water. It's important to stay hydrated during holiday parties.
3. Gratitude Exercises to Try: Make a list of everything you are thankful for	4. Schedule an appointment with the EHC or your provider to complete your gatekeepers! <b>Deadline is November 30</b>	5. Tips to stay healthy through the holidays: Manage Stress. From hearing the same songs to burning dinner, keep a handle on your stress levels.	6. Emotional Fitness: Dealing with Difficult Emotions 2pm <a href="http://www.cigna.com/EAPWebcasts">www.cigna.com/EAPWebcasts</a>	7. Gratitude Exercises to Try: Thank your loved ones	8. 	9. 
10. 	11. 	12. Gratitude Exercises to Try: Reframe your negative thoughts	13. 	14. Tips to get through the holidays: Make time for exercise. Daily exercise through all the events is important for good health	15.	16. Gratitude Exercises to Try: Appreciate your community
17. Gratitude Exercises to Try: Give thanks before meals	18. 	19. Tips to stay healthy through the holidays: Healthy holiday traditions. Consider a walk after meals or a Black Friday hike instead of shopping	20. Caregiving 101 2pm <a href="http://www.cigna.com/EAPWebcasts">www.cigna.com/EAPWebcasts</a>	21. Gratitude Exercises to Try: Savor your morning routine	22. 	23. Tips to stay healthy through the holidays: Find healthy alternatives to your favorite dishes
24. 	25. Gratitude Exercises to Try: Focus on self-reflection	26.	27. Gratitude Exercises to Try: Journal with intention	28. 	29. <b>City offices closed for Thanksgiving Holiday</b>	30. <b>Last Day to receive credit for 2024 MotivateMe Incentives</b>
			<b>MOTIVATE ME INCENTIVES</b>			

Schedule an appointment with the EHC or your provider to complete your MotivateMe gatekeepers before the November 30th deadline! These include the Health Assessment (found at [MyCigna.com](http://MyCigna.com)) and the Wellness Screening. Call the Employee Health Center at (727) 298-1788 to schedule your wellness screening.