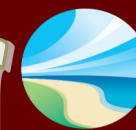












November 2024 Wellness Calendar



CLEARWATER
WELL@WORK

SUN	MON	TUE	WED	THU	FRI	SAT
	<h2>National Gratitude Month</h2>				1. National Calzone Day 	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! Deadline is November 30	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 www.cigna.com/EAPWebcasts	7. Gratitude Exercises to Try: Thank your loved ones	8. 
10. 	11. Veterans Day Honoring All Who Served 	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 www.cigna.com/EAPWebcasts	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. City offices closed for Thanksgiving Holiday	30. Last Day to receive credit for 2024 MotivateMe Incentives
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) and the Wellness Screening. Call the Employee Health Center at (727) 298-1788 to schedule your wellness screening.						