



The **WEL**lesley Employee

WELLESLEY WALKERS STARTS SEPTEMBER 1!

Every week we will have a drawing to win a gift card to a local establishment.
At the end of the challenge, the top walkers will win a prize!
Bragging rights for the top department --- so motivate your coworkers!

STEP 1: Sign up here: [Wellesley Walkers Sign Up](#)

(Sign up early to receive a goodie bag! A limited number is available)

STEP 2: Check back here next month for the walking log



SUMMER RECIPE PROGRAM

Find two weekly recipes [HERE!](#) This summer, the focus of the second recipe will be protein-rich recipes. Protein is essential for optimal health. Some benefits include: muscle growth, hormone and enzyme production, building and repairing bones, muscles and skin, and helping to fight infection by assisting in antibody production.

This is updated every week through August.

Brought to you by West Suburban Health Group

Connectedness: Cultivating Meaningful Social Connections

ONLINE SEMINAR

Explore the impact of strong social ties, community engagement, and volunteering on wellbeing. Learn how to deepen connections for a more fulfilling life.

LET US HELP

Visit your home page starting August 19th

WEBSITE: www.cmgassociates.com

PASSWORD: WELL

CLICK
HERE!

CMG
Associates

AUGUST 2025



FREE SUPPORT PROGRAM

ALWAYS AVAILABLE | FREE | CONFIDENTIAL

AUGUST WELLNESS:

STAYING ACTIVE IN SUMMER MONTHS





[Click to see MIIA Training Calendar](#)

Did you know that you have access to recorded trainings on a variety of topics through MIIA? If you don't already have a login, you can register here using your Wellesley email: <https://www.emiia.org/join>

MIIA's New E-learning Center provides quality training to meet annual requirements and tracks compliance for organization members at no cost to you. Train anytime, anywhere with our vast online library that includes more than 3,000 diverse courses and videos. For instructions on how to register, [click here](#).

Do you have an event or training that you would like to make available to all employees? Please contact Jen Glover jglover@wellesleyma.gov



Living Well at Home with virtual wellness classes

Our well-being programs are here for you when you need them the most.

Click the picture above for FREE, at home activities! ALL employees are welcome to participate, you do not have to be a member of HPHC.



MONTHLY ACTION ITEM

Submit a claim for your fitness reimbursement through your medical insurance!

[BCBS Fitness Reimbursement Form](#)
[BCBS Weight Loss Reimbursement Form](#)
[HPHC Fitness Reimbursement](#)



Longfellow Wellesley Tennis & Health Club Blood Drive

Group X Studio
140 Great Plain Ave
Wellesley, MA 02482

Tuesday, August 19, 2025
1:00 p.m. to 6:00 p.m.

Please call 1-800-RED CROSS (1-800-733-2767) or visit RedCrossBlood.org and enter: LongfellowWellesley to schedule an appointment.

Streamline your donation experience and save up to 15 minutes by visiting RedCrossBlood.org/RapidPass to complete your pre-donation reading and health history questions on the day of your appointment.

Give Aug 1 to 28 for \$15 e gift card & successful donations get A1C testing. Terms: rcblood.org/Test



1-800-RED CROSS | RedCrossBlood.org | Download the Blood Donor App

© 2025 The American National Red Cross | 485801-1 CW

**Exclusive Membership
Discount for Town Of
Wellesley Full-Time
Employees!**

[Click here
for more
information](#)



[CLICK HERE FOR YOUR EMPLOYEE ASSISTANCE PROGRAM](#)