



# The **WEL**lesley Employee

## WELLESLEY WALKERS IS HAPPENING NOW THROUGH SEPT 30!

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](#)**

**STEP 2: [Log your steps here](#) each week.**

Steps logged by 10pm each Thursday are entered into a prize drawing on Friday!



SEPTEMBER IS NATIONAL  
**Preparedness  
Month**

## SUMMER RECIPE PROGRAM

**Find all the recipes here!**



## SEPTEMBER WELLNESS: STRESS MANAGEMENT TIPS





[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@wellesley.ma.gov](mailto:jglover@wellesley.ma.gov)



## MONTHLY ACTION ITEM

Sign up for the Wellesley Walkers program!

## Navigating Social Media for Mental Wellness

### ONLINE SEMINAR

Explore the dual impact of social media on mental health. Learn to leverage its benefits and mitigate drawbacks through a digital health lens.

CLICK  
HERE!

### LET US HELP

Visit your home page starting September 16th

WEBSITE: [www.cmgassociates.com](http://www.cmgassociates.com)

PASSWORD: WELL

YOUR EMPLOYEE SUPPORT PROGRAM



## 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.

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

[Click here  
for more  
information](#)



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