



The WELLesley Employee

A NEW STEP CHALLENGE IS COMING SOON!

EUROPEAN EXPEDITION

Grab your passport, grab your friends. Your team's heading to Europe's most magnificent cities. From Berlin to Bucharest — see the sights, taste the food, and walk to unlock new destinations together!

Registration opens: October 20, 2025

Challenge runs: November 3, 2025 to December 1, 2025

Deadline to upload steps: December 3, 2025

More info will be sent to you by email

Are You Ready for Some PICKLEBALL?

[Click here to fill out our Open Play Survey!](#)

Join us Wednesdays from 4-6 pm. Drop in when you can for some fun and friendly pickleball! Paddles and balls are provided, or bring your own, and please wear sneakers. There are 2 designated courts for our use. We'll divide up by skill level if need be, so beginners - don't be shy!

Where: Upham Elementary School Gym

When: Starting October 15, Every Wednesday between 4-6 pm.

[Brush up on the rules here](#)



Wellesley Walker Winners!

Town

1. Jeannette DiBiase (Library) 519,701
2. Meghan Stagnone (Library) 407,838
3. Cay Meagher (Selectboard) 403,200

School

1. Nicole Fylie (Bates) 485,046
2. Deb Buhler (WHS) 357,053
3. Jazleigh Bailey (Hun) 334,957

By The Numbers:

8,463,589 total steps

67 participants

20 goodie bags

15 Raffle winners

11 Whole Foods Gift Cards

7 Sunscreen Kits

2 Dicks Sporting Goods Gift Cards

2 REI Gift Cards

OCTOBER WELLNESS:

KEEPING CHOLESTEROL LEVELS IN CHECK



MIIA Risk Management

Work Safe. Be Safe.



[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



MONTHLY ACTION ITEM

Consider joining the Town's Safety & Wellness Committee
We want you!
Email jglover@wellesleyma.gov for more info

USE IT OR LOSE IT

HEARING LOSS IS FOREVER

**OCTOBER IS
NATIONAL
PROTECT YOUR
HEARING MONTH**



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](#)