

The **WEL**lesley Employee

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

Join the Challenge Today!

To get started, create an account at join.personifyhealth.com/WestSuburbanHealthGroup
Use your work e-mail when registering. Once logged in, click on the challenge tile (located in bottom right of the homepage) to join the challenge.

Team up with friends and co-workers in a friendly competition. Join or create a team of no more than 10 people

Don't have FOMO -Join us for PICKLEBALL!

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 courts for our use.

Where: Upham Elementary School Gym

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

[Sign Release Here](#)

[Brush up on the rules](#)

[What to expect at Open Play](#)

CMG
Associates

NOVEMBER 2025

Sweet Dreams: Strategy for Better Sleep and Better Health

ONLINE SEMINAR

Learn practical strategies to improve your sleep patterns and sleep quality; understand how pre-sleep technology use affects your rest.

LET US HELP

Visit your home page starting November 18th

WEBSITE: www.cmgassociates.com

PASSWORD: WELL

YOUR EMPLOYEE SUPPORT PROGRAM

ALWAYS AVAILABLE | FREE | CONFIDENTIAL

NOVEMBER WELLNESS: SMOKING CESSATION





[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

MEMORIAL BLOOD DRIVE

A Day of Giving to Honor the Memory of
Dan McCabe



American Red Cross Blood Drive

Wednesday November 26, 2025

10:00 AM – 3:00 PM

Wellesley Hills Congregational Church
207 Washington St.

Sponsored by: A Path in the Woods Foundation, Inc.

Please help us honor Dan's memory by joining his family, friends, and fellow travelers by giving the gift of life.

Blood donation is now more inclusive for the LGBTQ+ community. Rules on tattoos and travel have been revised.



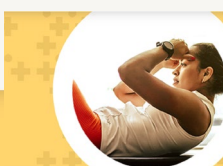
American Red Cross
Together, we can save a life.

Appointments are Required.

Please call 1-800-733-2767

or visit www.redcrossblood.org

Enter Sponsor Code MCCABE



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.

Thanksgiving Safety

The kitchen is the heart of the home, especially at Thanksgiving. Kids love to be involved in holiday preparations. Safety in the kitchen is important, especially on Thanksgiving Day when there is a lot of activity and people at home.



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



[Click here for more information](#)

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