



The **WEL**lesley Employee



FIRST FULL WEEK OF FEBRUARY
**NATIONAL
BURN
AWARENESS
WEEK**



FEBRUARY 2026
YOUR EMPLOYEE SUPPORT PROGRAM

CMG
Associates

The Role of Hobbies in Work-Life Balance

Available on Demand Starting Feb 17

Discover how hobbies and personal interests can reduce stress, improve focus, and help you balance work and life. Learn strategies to make time for activities that recharge your energy and creativity.

LET US HELP

Visit your home page starting February 17th

WEBSITE: www.cmgassociates.com

PASSWORD: WELL

ALWAYS AVAILABLE | FREE | CONFIDENTIAL



Diabetes Care Rewards Program

SAVE THE DATE

Wednesday April 1, 2026, 1 - 4 pm

Employee Benefits, Safety & Wellness Fair
WHS Cafeteria

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



**Living Well at Home with
virtual wellness classes**

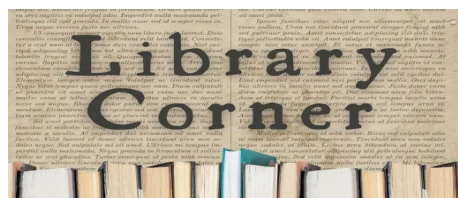
Our well-being programs are here for you when you need them the most.



[Click Here to See
The MIIA Training Calendar](#)



Did you know that you have access to FREE [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.emiaa.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@welleslevma.gov



**CLICK HERE
FOR YOUR
EMPLOYEE
ASSISTANCE
PROGRAMS**

February Wellness:
Stress Management for Healthy Hearts

