



Double Up December 2023!

The Wellness Team would like to thank everyone for their participation this year! As the year is coming to an end, we have a nice surprise. This month, several classes are double points! So even if the year flew right by you, there is still time to get your PTO. The holidays can be filled with joy and excitement, but unfortunately, also stress and depression. Here are a few tips below on how to prevent and manage these feelings during the holidays.

Sincerely,
Your Wellness Team

Use your benefits! Schedule your 10 FREE consultations with a licensed therapist.

Call 800-789-3145 to set an appointment.

Acknowledge your feelings. It's absolutely ok to take time to cry or express your feelings.

Be realistic. It's best to manage your expectations and acknowledge how things are, instead of what they used to or should be.

Stick to a budget. Don't try to buy happiness.

Plan ahead. Consider whether you can shop online for any of your items.

Learn to say "no". Friends and family will understand if you can't participate in every project or activity.

Don't abandon healthy habits. Overindulgence only adds to stress and guilt.

Take a breather. Make some time for yourself.

Before the year wraps up, remember to redeem any earned Rally gift cards and submit all Wellness forms for points by December 31!

FREE CLASSES:



Yoga with Nikki

**Mondays and Wednesdays*
1:30-2:15 pm**

**MMOB, 300 W. Washington St.
UG Level Employee Fitness Center**

Note to our yoga class members, starting in February, we will resume yoga classes under a new instructor. We would like to give a special thank you to Nikki for all of her hard work and dedication. Her final class is 12/20.



Healthy Homemade Gifts – DIY Event

Are you tired of the overload of cookies and sweet gifts? Get some new ideas and see how simple it is to make healthy self-care gifts for friends and family. Drop by to make your own bath salts, learn some great healthy holiday recipes, and register early for next year's healthy cooking series. One DIY project per person while supplies last.

DOUBLE POINTS!

Thursday December 7, 11 am to 1 pm . MMOB, UG level, People & Culture Training Room, 300 W. Washington St.



Body Pump with Excel Body Fitness

Tuesdays and Thursdays
12:45-1:45 pm**

**MMOB, 300 W. Washington St.
UG Level Employee Fitness Center**

*All fitness classes after December will resume in February 2024. **No class 12/26, 12/28*



JD Financial: Legacy Planning/Generational Wealth

Learn about real world events in our current financial climate. Hear how to secure generational wealth while protecting your family and potentially supplementing your retirement if needed. Please register [here](#).

DOUBLE POINTS!

Thursday, December 14, Noon - 1 pm. Water Resources, Steve Drew Conference Room, 2602 S. Elm Eugene St.



Aquatics with Greensboro Aquatic Center

**View schedule [here](#).
You must bring your employee ID.**

**Greensboro Aquatic Center
1921 W. Gate City Blvd.**



Mental Wellness 101

The Mental Wellness 101 course is available through the [LMS](#) to inform employees about mental health and how to reduce stigmas associated with mental illness, promote help seeking behaviors and emotional well-being practices. If this activity is completed for points, you do not need to submit a lifestyle activity form. If you're having trouble accessing the LMS, please contact Latrease Davis at latrease.davis@greensboro-nc.gov or Robert Armond at robert.armond@greensboro-nc.gov.

DOUBLE POINTS!



Chair Massage with Kani

**To schedule, email
kneadedbykani@gmail.com**

**Monday, Dec. 12 • 10 am to 2 pm
MMOB • 300 W. Washington St.**

**Monday, Dec. 18 • 10 am to 2 pm
Field Operations • 401C Patton Ave.**



The Greatest Gift: Trust & Estate Planning 101

Join Elder Law Firm to discover the three key questions your estate plan must answer, and the most important estate planning documents to have in place. We will discuss whether a will vs trust is right for you, and why just having a basic power of attorney could put the courts in control of your life. Food will be provided to those who have [registered](#).

DOUBLE POINTS!

Tuesday, December 19, Noon to 1 pm. MMOB, UG level, People & Culture Training Room, 300 W. Washington St.

Questions about Health Rewards Program?

Whitney Montouth, Wellness Consultant
336-433-7217 or WellnessTeam@greensboro-nc.gov

Need Access to a Fitness Center?

Request access [here](#). Please allow 24 hours to access.
New Employee? See [program details](#).

Need to submit a Lifestyle Activity Form?

Complete the [online form](#).