### Top Priorities!

- Make those harder appointments - Schedule an appointment to get your skin looked at
- Schedule your annual eye exam - Your eyes will thank you!
- Get your blood pressure checked regularly; even outside of your annual physical

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<tr>
<th>Mon</th>
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<tr>
<td><strong>Wellness Wednesday</strong></td>
<td><strong>Women's Health</strong></td>
<td><strong>Healthy Month!</strong></td>
<td><strong>Classic Shepherd's Pie</strong></td>
<td><strong>National Infertility Awareness Month</strong></td>
<td><strong>Women's Health</strong></td>
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<td><strong>Hydration</strong></td>
<td><strong>Did you know....</strong></td>
<td><strong>Mental Health Tip!</strong></td>
<td><strong>Skin Cancer Prevention Month</strong></td>
<td><strong>Recipe Spotlight!</strong></td>
<td><strong>Move to non-toxic living!</strong></td>
<td><strong>Drumstick</strong></td>
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<td><strong>Grounding is so powerful!</strong></td>
<td><strong>Mental Health Tip!</strong></td>
<td><strong>Did you know....</strong></td>
<td><strong>Recipe Spotlight!</strong></td>
<td><strong>Meal planning can be a budget booster!</strong></td>
<td><strong>Healthy Month!</strong></td>
<td><strong>Recipe Spotlight!</strong></td>
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<td><strong>Try a sugar fasting</strong></td>
<td><strong>Skin Cancer Prevention Month</strong></td>
<td><strong>Recipe Spotlight!</strong></td>
<td><strong>Mental Health Tip!</strong></td>
<td><strong>Did you know....</strong></td>
<td><strong>Declutter!</strong></td>
<td><strong>Recipe Spotlight!</strong></td>
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<td><strong>Sweat it out!</strong></td>
<td><strong>Baked Mac n Cheese</strong></td>
<td><strong>Notes</strong></td>
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**Q2 Step Challenge** - Get at least 150,000 steps per month

- **Plant Something Challenge** - Plant something and submit a photo on WellRight for a chance to win a raffle basket worth $50.
- **30-Day Gratitude Challenge** - Complete challenge & upload on WellRight Portal for a chance to win a raffle basket worth $25.
- **Mental Health Awareness Webinar** presented by Aurora EAP - Attend at receive 25 points towards becoming a Wellness Allstar!
- **Educator's Credit Union Financial Wellness Webinars** - May 1, May 15 & May 29 - Register using links on flier. Lunch provided!
- **Superfood Challenge** - Fennel - Upload photo to WellRight Portal for 5 points
CITY WELLNESS
LET'S GARDEN CHALLENGE

Plant a tree or a vegetable
Submit picture of what you planted in the Wellness Platform (WellRight) or send to HR
Each submission = 1 raffle ticket into drawing
Raffle Basket worth $50

Questions?
Contact Human Resources:
Benefits@cityofracine.org
262-636-9175
30 Days of Gratitude Challenge

Place an “X” on each day you complete. Complete all 30 days for a chance to win a raffle prize worth $25. Must submit completed worksheet to Wellness Platform (WellRight) or submit to HR.

1. Write down three things you are thankful for.
2. Express Gratitude to one important person in your life.
3. Go one full day without making complaints.
4. Meditate for three minutes.
5. Make an effort to smile more throughout the day.
7. Spend 15 minutes practicing self-care.
8. Call someone you are thinking about today.
9. Write thank-you notes to five people in your life.
10. Go outside and appreciate the beauty of nature.
11. Do something nice for a co-worker.
12. Recognize today as a gift.
13. List three things that you like about your job.
14. Spend the day being an optimist.
15. Write down five things that you like about yourself.
16. Recognize three things that you usually take for granted.
17. Write down your favorite part of the workday.
18. Think of what you’re grateful for before going to bed.
19. Be present throughout the day.
20. Catch a co-worker doing a good job and thank them for it.
21. Think of a way that someone helped you today.
22. Write down three things that you appreciate about your boss.
23. Notice positive traits about your co-workers.
24. Spend some time with your loved ones.
25. Think of something great that has happened to you in the last year.
26. Try to make someone laugh today.
27. Refrain from gossip or speaking negatively about others.
28. Compliment a stranger.
29. Express your thankfulness for life’s hardships.
30. Start a Gratitude journal!
Mental Health Awareness

DAWN FROM AURORA EMPLOYEE ASSISTANCE PROGRAM (EAP) WILL BE HOSTING A WEBINAR ON THE IMPORTANCE OF MENTAL HEALTH

WHEN? MAY 9TH 2024
TIME? 12PM - 12:45PM
WHERE? ZOOM
JOIN HERE

IF YOU ATTEND THIS SESSION, YOU CAN EARN 25 POINTS TOWARDS BECOMING A WELLNESS ALLSTAR. *ATTENDANCE WILL BE TAKEN*
# Yoga Sessions

## City Wellness

Join Susie (Health Coach) from the Racine Health & Wellness Clinic for a much needed work break!

<table>
<thead>
<tr>
<th>Date</th>
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<tbody>
<tr>
<td>March 11th</td>
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<td>June 10th</td>
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<td>June 10th</td>
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<td>July 8th</td>
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<td>April 29th</td>
<td>12pm - 12:30</td>
<td>July 22nd</td>
<td>12pm - 12:30</td>
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<td>May 6th</td>
<td>12pm - 12:30</td>
<td>August 19th</td>
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<tr>
<td>May 13th</td>
<td>2:30pm - 3:00</td>
<td>August 26th</td>
<td>12pm - 12:30</td>
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**Location:** City Hall Room 207
Wellness Wednesday Financial sessions will be offered every other Wednesday in May, starting with May 1st, 2024. Must RSVP for each session you are interested in attending (each session has a separate RSVP link). FREE lunch will be provided.

The following sessions will be offered:

- **01 May**
  - MONEY AND DEBT MANAGEMENT
    - Time: 12pm - 12:45pm
    - Room: City Hall 207
    - RSVP REQUIRED

- **15 May**
  - UNDERSTANDING PERSONAL FINANCES
    - Time: 12pm - 12:45pm
    - Room: City Hall 207
    - RSVP REQUIRED

- **29 May**
  - PROTECT YOUR IDENTITY
    - Time: 12pm - 12:45pm
    - Room: City Hall 207
    - RSVP REQUIRED
Healthy Alternatives

INSTEAD OF USING THIS....

Butter

• Contribute to high cholesterol levels
• Can lead to heart disease
• High in the bad fats

TRY THIS INSTEAD....

Avocado

• Cholesterol and Trans-Fat free
• Higher in protein and monounsaturated fat
• Lots of Vitamins & Potassium
• Helps keep you fuller for longer

Tip - Try adding avocado to your smoothie!

Avocado Salad
Or
Avocado Toast
What?
Get at least 150,000 steps per month from April 1st - June 28th. Submission due on Wellness Platform (WellRight) or to Human Resources no later than June 30th, 2024.

When?
Challenge runs from April 1st - June 28th 2024.

Submit:
Documentation to show that you have met the 150,000 steps per month requirement. You can use your phone, tracking device, or app.

Points:
If you met the challenge requirements and submit items no later than June 30th 2024, you can earn 30 points towards becoming a Wellness Allstar.

Questions?
Contact Human Resources at 262-636-9175 or human.resources@cityofracine.org
Q2 2024 Superfoods

Raspberries - April

Fennel - May

Eggplant - June

Task: Create a meal using the superfood of the month for each month of quarter two.

Submit a photo to the Wellness Portal (WellRight) or to HR to receive five (5) points* towards becoming a Wellness Allstar!

*5 points for each month you complete the requirements for.