

# Recognize & Elevate Wellness Newsletter



*"April is a reminder that life is a beautiful, ever-renewing cycle."*

— E.E. Cummings



- Alcohol Awareness Month
- STI Awareness Month
- Stress Awareness Month
- Parkinson's Awareness Month
- National Minority Health Month
- National Autism Awareness Month
- National Sarcoidosis Awareness Month
- National Child Abuse Prevention Month
- Sexual Assault Awareness & Prevention Month

## REMINDERS/OFFERINGS:

- **In-Person Financial Wellness Seminar:** Thursday, April 11, 2024, 10:00 am - 11:00 am. You can also sign up for an in-person financial wellness check-up. [Click here to register!](#)
- **Self-care:** Free On-Site Yoga Classes with [Sangha Studio](#) on Mondays from 12 - 1 pm in Contois Auditorium, City Hall, and Meditation Sessions using [Insight Timer](#).
- **Employee On-Site Chiropractic Care:** The Epic Performance chiropractic team is ready to meet you to discuss your needs. Click [here](#) to register!

## ECLIPSE CHECKLIST

Do you have everything you need for a safe eclipse experience?

- Eclipse Glasses - Learn about all the different types [here](#), and purchase locally [here](#).
- A sweater or warm layer - it can get up to ten degrees colder during totality!
- Fill up on gas and buy any necessary groceries PRIOR to eclipse day.
- If driving anywhere, keep food and water in your car - traffic may reach complete gridlocks.





# WELLNESS CHAMPION SPOTLIGHT



**Katie Dorey,**  
Project Manager/Business Analyst,  
Burlington Electric Department

Meet Katie, a workplace wellness champion! Since joining the Wellness Committee in 2019, She has spearheaded various initiatives to promote a healthy workplace lifestyle. Notably, Katie takes pride in her work on the annual Employee Bike Tune-Up Day, an ongoing project that supports the City’s ambitious NZE goal and encourages biking as a sustainable mode of transportation for City of Burlington staff. She is currently collaborating with BED staff on implementing a bike sign-out process to promote physical health further while reducing vehicle emissions during the workday.

Katie’s commitment to a healthy lifestyle stems from her lifelong love for physical activity. With a background in sports, including collegiate basketball at St. Anselm College and UVM, she finds joy in movement. Recently, she has embraced outdoor workouts, finding inspiration and motivation in nature. Katie’s active lifestyle extends to running seven full marathons and several half marathons, hiking, and recently taking up mountain biking, where she appreciates the sense of community and connection it brings. She recognizes the importance of combining human interaction with exercise and values activities that foster both.

Looking ahead, Katie has plans to enhance her wellness by embarking on a mountain biking vacation in the Northeast Kingdom during the fall, capitalizing on the region’s scenic beauty during leaf-peeping season. Through her personal pursuits and dedication to workplace wellness, Katie inspires and uplifts her colleagues in their wellness journeys. Join us in celebrating Katie and her impactful contributions to our workplace!

To nominate the recipient for the upcoming month's Wellness Champion Spotlight or offer suggestions for compelling content, we invite you to contact us via email at [wellness@burlingtonvt.gov](mailto:wellness@burlingtonvt.gov). Your input is invaluable in recognizing and celebrating City employees who consistently enhance workplace vitality and overall health!

## THANK YOU FOR READING!

*“I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.” - Maya Angelou.*



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