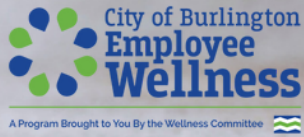


Recognize & Elevate Wellness Newsletter



JANUARY

"New month, new intentions, new goals, new love, new light, and new beginnings."

— April Mae Monterrosa

- Martin Luther King Jr. Day: 1/15
- World Leprosy Day: 1/28
- Maternal Health Awareness Day: 1/23
- National Blood Donor Month
- Stalking Awareness Month
- Radon Awareness Month
- Thyroid Awareness Month
- Cervical Health Awareness Month
- National Birth Defects Prevention Month
- National Glaucoma Awareness Month

REMINDERS/OFFERINGS:

- **Financial Wellness Seminar:** First Steps to Financial Freedom - 02/6/2024 at 10:00 am.
- **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.
- **Health Podcast:** Feel Better, Live More with Dr. Rangan Chatterjee.
- **Employee On-Site Chiropractic Care:** The Epic Performance chiropractic team is ready to meet you to discuss your needs. Click here to register!

DID YOU KNOW?

Having a plan for achieving short and long-term financial goals is critical for success. Prudential Financial Wellness 360 assesses your current financial situation and personalized strategy to help you confidently achieve your goals. Without a solid plan, you may wonder: "Am I saving enough for my child's college education? Will I be able to retire on time? Will I have sufficient cash flow in retirement?"

Meet in person with a Financial Professional to assess your financial goals, answer questions about overall financial wellness, help you better understand your benefit plan and how to use it more effectively, and more.

[Click here to sign up!](#)



WELLNESS CHAMPION SPOTLIGHT

Before: 470 lbs



After: 225 lbs



**Josh Deforge,
Airport Ambassador,
Patrick Leahy Burlington
International Airport**

Meet Josh, a workplace wellness champion! Josh's inspiration behind his commitment to a healthy lifestyle stems from the unmatched feeling of watching the scale go down. Seeing the results of his hard work validates the effort put into dieting and exercising, serving as a crucial motivator to push harder and achieve more. His drive extends to his personal life and the workplace, emphasizing the interconnectedness of well-being.

One key initiative Josh has implemented to promote a healthy lifestyle in the workplace is mentoring a co-worker on his weight loss journey. Recognizing that discipline plays a pivotal role in the weight loss journey, Josh emphasized the importance of staying committed even when motivation wanes. Witnessing his co-worker's significant transformation and improved overall health fueled his dedication to fostering wellness in the workplace.

Looking ahead, Josh has shifted his focus from powerlifting, where he achieved notable milestones, to enhancing his cardiovascular health. After stepping away in March 2023 due to injuries, he has embraced endurance sports such as biking, running, and swimming. His future plans include furthering his commitment to cardiovascular wellness and exploring ways to contribute to the well-being of his co-workers. Josh wanted to give special thanks to Matt Deforge, Manriel Grant, Paul Poltz, John Carr, Taysir AlAttar, and Davon Martin. Join us in celebrating Josh and his 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. 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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