

Recognize & Elevate Wellness Newsletter



*"Success is not the key to happiness.
Happiness is the key to success. If you love
what you are doing, you will be successful."*

- Albert Schweitzer

- UV Safety Month
- Healthy Vision Month
- Sarcoma Awareness Month
- Cord Blood Awareness Month
- Group B Strep Awareness Month
- Juvenile Arthritis Awareness Month
- National Cleft & Craniofacial Awareness & Prevention Month

REMINDERS/OFFERINGS:

- **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!
- **COB Employee Lake Monsters Ticket Vouchers:** Sign up for your ticket vouchers by clicking here!

✨ BENEFIT HIGHLIGHT ✨

As part of the City's ongoing commitment to promoting employee well-being and fostering a healthy work environment, we are excited to highlight the **Employee Wellness Bonus Program!** All Regular and Limited Service Non-Union, AFSCME, and BPOA employees (even those who do not receive their health benefits through the City and have accepted the buyout) are eligible to earn up to \$400.00 per year as a Wellness Bonus (prorated for eligible part-time employees).

Eligible employees are rewarded for completing the following activities between **7/1/2023 - 6/30/2025:**

- Annual online health assessment - earn up to \$100 - due by 10/31
- Annual physical examination - earn up to \$100
- Annual or semi-annual dental cleaning - earn up to \$100
- Participate in two wellness activities approved by Human Resources - earn up to \$50 each for up to \$100





WELLNESS CHAMPION SPOTLIGHT



Meet Vanessa Eugenio, a workplace wellness champion! Vanessa is committed to promoting a healthy lifestyle personally and within her community. By teaching yoga and meditation several times a week, she stays consistent with her practices. She enjoys the unique benefits of shared activities that support overall health and wellness, which allows her to give and receive support and foster a sense of community. Each morning before work, Vanessa prioritizes exercise and stretching, choosing activities like walking, yoga, or HIIT workouts. Even when she feels tired, she remembers that a little effort is better than none.

Vanessa’s inspiration to maintain a healthy lifestyle is driven by her commitment to a vibrant and balanced present and future. She believes her healthy habits today will enhance her experience as she ages, positively impacting her family, friends, and community. In her role facilitating the City’s New Employee Orientation sessions, Vanessa shares the various wellness resources available, such as Invest EAP, wellness incentives, special programs, gym memberships, ski pass discounts, and the bike loan program. She proudly highlights that the City has been awarded the Gold Excellence in Worksite Wellness Award from the Governor’s Institute on Worksite Wellness.

Vanessa loves sharing ideas and resources with friends and colleagues, mainly focusing on financial wellness for young women. She enjoys educating them about credit, financial tools, and budgeting, recognizing that financial wellness is integral to overall well-being. Additionally, Vanessa teaches an onsite yoga class at City Hall every Monday through Sangha Studios, and she hopes to continue offering this class to City employees, further supporting their wellness journeys. Join us in celebrating Vanessa and her impactful contributions to our workplace!

Vanessa D. Santos Eugenio, M.Ed,
Human Resources Talent,
Development & Diversity Manager,
Human Resources Department

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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