

Recognize & Elevate Wellness Newsletter

JUNE

*“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



- [Pride Month](#)
- [Men’s Health Month](#)
- [PTSD Awareness Month](#)
- [Aphasia Awareness Month](#)
- [Cataract Awareness Month](#)
- [Scoliosis Awareness Month](#)
- [Alzheimer’s & Brain Awareness Month](#)
- [Migraine and Headache Awareness Month](#)

REMINDERS/OFFERINGS:

- **In-Person Financial Wellness Check-up:** Meet with a Financial Professional to assess your financial goals and answer questions about overall financial wellness. [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!
- **Summer Open Enrollment:** Completed forms must be submitted by June 14, 2024. All changes will be effective July 1, 2024.

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 introduce a new initiative sponsored by the Wellness Committee that we are launching in collaboration with [No Diet Dietitian](#).

Your first three sessions are FREE (covered by the City's insurance); after that, appointments are covered with a \$15.00 co-pay.

What you need to do: Simply click on the [SURVEY LINK](#) to fill out an assessment, which goes directly to No Diet Dietitian. Once filled out, a representative from No Diet Dietitian will reach out to schedule your first consultation.



WEIGHT LOSS



DISORDERED EATING



GUT HEALTH



WOMEN'S HEALTH



SPORTS NUTRITION



WELLNESS CHAMPION SPOTLIGHT



Ana-Maria Robu,
Community Engagement Office
Coordinator,
Community & Economic Development
Office (CEDO)

Meet Ana-Maria, a workplace wellness champion! Ana-Maria is dedicated to promoting a healthy lifestyle and has implemented several well-being strategies reflected in her journey of recovery and wellness. After recovering from two injuries recently, she learned the importance of consistent movement, even during pain, and the benefits of stretching throughout the day. Recognizing that wellness is an ongoing journey requiring flexibility, Ana-Maria adapts her routine to continue moving forward.

At work, she utilizes the wellness room in City Hall to take short breaks when she feels overwhelmed or overstimulated, lying down and closing her eyes to rejuvenate instead of reaching for an afternoon coffee. She encourages her colleagues to try this practice for its revitalizing benefits. Ana-Maria's inspiration for a healthy lifestyle comes from the people around her. Watching women perform impressive feats like muscle-ups serves as a reminder of what is possible. Additionally, she is motivated by the long-term impact of her current health practices, understanding that today's efforts will influence her well-being in the decades to come.

Looking ahead, Ana-Maria's goals include building a strong foundation for a functional body and integrating a sauna/ice bath protocol into her routine. She continues to champion health and well-being in the workplace through her commitment to wellness and her efforts to inspire others. Join us in celebrating Ana-Maria 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. 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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