

Recognize & Elevate Wellness Newsletter



MARCH



*"Like wildflowers, you must allow
yourself to grow in all the places people
thought you never would."*

- E. V. Rogina

- Bleeding Disorders Awareness Month
- Trisomy Awareness Month
- Traumatic Brain Injury Awareness Month
- Endometriosis Awareness Month
- National Nutrition & Kidney Month
- Developmental Disabilities Awareness Month
- Colorectal Cancer Awareness Month
- Myeloma Action Month
- Multiple Sclerosis Education and Awareness Month

REMINDERS/OFFERINGS:

- **Financial Wellness Series:** A 3-part series of engaging financial wellness seminars. Tuesdays, March 12, 19, & April 2, 2024, 10:00 am - 11:00 am via Zoom. [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](#).
- **Women Empowerment & Self-Defense Workshops - March 18th & 25th:** [Click here to register in NeoGov!](#)
- **Employee On-Site Chiropractic Care:** The Epic Performance chiropractic team is ready to meet you to discuss your needs. Click [here](#) to register!
- **Chase Away the Winter Blues Fitness Challenge:** Ends March 25, 2024

EXCITING NEWS!

The City is excited to announce the arrival of a Mamava Solo pod to provide a more welcoming space to our nursing employees. Currently, the Solo pod is located at the Water department and has the ability to move around the City as needed. The Wellness Committee would like to thank the Water Department for their partnership and generous contribution to bringing the first Mamava pod to the City.

Discover more about [Mamava](#) and access their free resources by downloading their [app](#) today. The app provides insights into Mamava's offerings and catalogs thousands of verified lactation spaces nationwide, ensuring nursing parents can access supportive environments wherever they go.





WELLNESS CHAMPION SPOTLIGHT



Jenna Giguere,
Administrative Assistant,
Burlington City Arts

Meet Jenna, a workplace wellness champion! In her role as an employee of BCA, along with her commitments to teaching yoga at Sangha Studio & Champlain College, serving as the dance coach for Champlain College’s Dance Team, and founding Merde! Dance Company, she brings a multifaceted approach to promoting wellness and self-care.

A few strategies Jenna has implemented to promote a healthy lifestyle involve integrating movement into daily life, whether through yoga, walking, stretching, or simply focusing on breathing. She also emphasizes the importance of listening to one’s body and mind, recognizing when rest is needed, and attending to holistic wellness beyond physical activity, including nutrition, healthcare, hydration, and relaxation.

Jenna’s inspiration to lead a healthy lifestyle stems from the desire to nurture her body and mind, finding solace and clarity through movement and routine. To enhance wellness among her colleagues, she recently spearheaded the creation of a staff snack drawer filled with nourishing treats, promoting the idea of food as both fuel and a source of happiness. Additionally, she encourages everyone to seek out moments and little glimmers of joy in their daily lives, whether through wellness activities, a comforting conversation with a co-worker, or other uplifting experiences, fostering a workplace culture of positivity and well-being. Join us in celebrating Jenna 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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