



WELLNESS CALENDAR | NOVEMBER 2023



NOVEMBER HEALTH OBSERVANCES

November marks **National Diabetes Month** and a time to raise awareness about the dangers of diabetes and the symptoms, risk factors, and complications of the disease. Common symptoms of the diabetes include feeling very thirsty, extreme fatigue, frequent urination, sudden weight loss, cuts and bruises that are slow to heal, and tingling or numbness in your hands or feet. You are at increased risk if you are 45 or older, have a family history, are inactive, or have an above-average body mass index (BMI). Complications of uncontrolled diabetes include heart disease, chronic kidney disease, nerve damage, or vision and hearing loss. Learn the basics about the disease by visiting the [CDC's website](#). Find [education, support, and resources](#) to manage your condition and improve your quality of life if you are living with diabetes. Take the [American Diabetes Association 6-second test](#) to see if you are at risk.

National Gratitude Month is a time to recognize the power of gratitude and its [positive influence on our mental health](#) and lives. According to [UCLA Health](#), higher levels of gratitude are associated with lower levels of depression and stress, improved sleep, and decreased risk of heart disease. Studies show that keeping a gratitude journal can cause a significant drop in diastolic blood pressure and that a grateful mindset positively affects biomarkers associated with the risk for heart disease. Discover ways to practice gratitude daily and begin a gratitude journal [here](#). This Thanksgiving holiday, if you are someone you know is in need of food, share information about [Brotherhood Crusade's Thanksgiving Grab and Go Basket Distribution](#) event taking place on Wednesday, November 17th.

NOVEMBER WELLNESS WEBINARS

Webinars are from Noon-1 pm unless otherwise noted.

NOVEMBER 1




Sponsored by 

The Art of De-Escalation

Attend this webinar to learn how to recognize the early signs of escalation. You will also discover useful de-escalation techniques to reduce the level of intensity of a situation and how to apply them in your interactions in the workplace, with the public, and at home.

[Register Here](#)

NOVEMBER 7




Sponsored by 

The Five Pillars of Personal Finance

There are five financial core competencies that all adults should know to be financially literate: Earning, Spending, Saving, Borrowing, and Protecting against risk. Learn the basics of each area and practical skills to manage your finances.

[Register Here](#)

NOVEMBER 8




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How Leaders Can Foster Wellness for Their Team - Part 2

In this presentation, we will discuss the challenges of working from home, how to combat these challenges, and how to promote wellness in remote workers.

[Register Here](#)

NOVEMBER 14



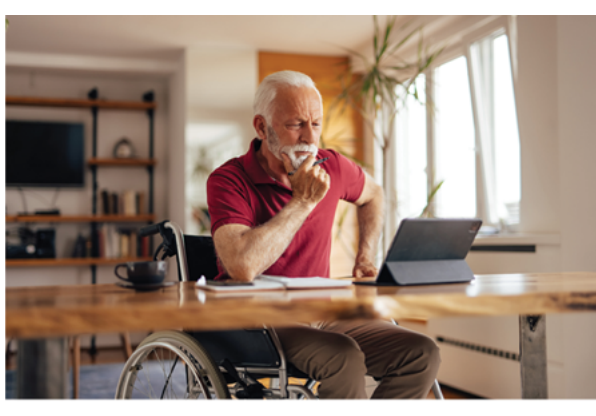

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Common Sense Tips to Save Cents on Common Expenses

It's easy to continue on autopilot when it comes to our monthly expenses. When was the last time you reviewed your monthly bills to see where you could save money? We will discuss common expenses and strategies to save money – so you can keep more of your hard-earned dollars in the bank.

[Register Here](#)

NOVEMBER 30

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Smart Money Moves in your 40s, 50s, 60s and beyond

Achieving your financial goals as you approach retirement is no easy task. Learn ten key practical financial and retirement planning tips to set you up for success, including managing taxes, having the right asset allocation, and setting realistic goals.

[Register Here](#)



Scan this QR code or visit [Employee Wellness](#) for the complete 2023 webinar schedule