

October 2024

BENEFIT U

Monthly Motto:
Awareness and Action, Your Health Matters!

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



Scan for the digital copy of the BenefitU Interactive Calendar. Enjoy daily tips to help practice activities that support your health & wellbeing.

6 FOCUS ON YOUR MENTAL HEALTH: SPEND 10 MINUTES TODAY PRACTICING GRATITUDE.



7 STRONGER RESILIENCE: EXERCISE IS A HEALTHY WAY TO BUILD RESILIENCE AND COPE WITH MENTAL OR EMOTIONAL CHALLENGES. GET OUTSIDE TODAY AND ENJOY A 10 MINUTE WALK!

8 PENSION PLAN, 457, BENEFITS TRAINING: [REGISTER ONLINE](#)
TIME: 9 AM - 12 PM
WHERE: CIVIC CENTER
HELP SHAPE THE FUTURE OF THE TIDE TO TOWN TRAIL: [JOIN CITYWIDE VIRTUALLY 1 - 3 PM](#)

9 GET BETTER SLEEP: AIM FOR 7-9 HOURS OF SLEEP EACH NIGHT. GOOD SLEEP IS ESSENTIAL FOR PHYSICAL AND MENTAL HEALTH.

FLU SHOTS TIME: 1 - 3 PM
 AT SAVANNAH CIVIC CENTER

10 WORLD MENTAL HEALTH DAY



11 EAT REAL FOOD: CUT DOWN ON FRIED SIDES AND SWAP THEM OUT FOR FRESH FRUIT OR VEGETABLES FOR A MORE WELL-BALANCED MEAL.

HABERSHAM YMCA PINK PARTY: BREAST CANCER DANCE FITNESS EVENT! 5:30 - 7:00 PM

12 HEALTHY HOBBIES: HOBBIES CAN PROVIDE A SENSE OF ACCOMPLISHMENT AND RELAXATION. **ENGAGE IN AN ACTIVITY THAT BRINGS YOU JOY!**



13 TRY A 10-MINUTE GUIDED MEDITATION SESSION TO CLEAR YOUR MIND THIS SUNDAY.



14 TODAY ONLY!! USE COUPON CODE:
happybirthdaychase
 TO RECEIVE \$10 OFF YOUR RACE ENTRY FOR THE **2024 #HONORMARK 5K, 10K, 5K RUCK & KIDS FUN RUN SATURDAY, NOVEMBER 9TH** AT DAFFIN PARK.

15 BIOMETRIC SCREENING EVENT: 6AM - 10 AM, SANITATION HQ, 1809 HWY 80. MAKE YOUR APPT: [REGISTER ONLINE](#) OR CALL 912-819-8177.

BLOOD DRIVE: 10 AM - 3 PM
ADMIN BLDG 20 INTERCHANGE DR. MAKE APPT: [SEARCH CITYOFSAV](#)

16 EAP WEBINAR: AGING PARENTS, RENEWED CONNECTIONS

LEARN HOW TO NAVIGATE THE CHALLENGES OF AGING PARENTS WHILE DEEPENING YOUR CONNECTION WITH THEM. AVAILABLE ON DEMAND AT [WWW.DEEROAKSEAP.COM/](#)

17 REMINDER FOR MEN: SCHEDULE YOUR PROSTATE CHECK. EARLY DETECTION IS KEY! [LEARN MORE ABOUT PROSTATE SCREENINGS](#)

18 #NATIONALMAMMOGRAPHYDAY ONE OUT OF EVERY EIGHT WOMEN WILL FACE BREAST CANCER AT SOME POINT IN THEIR LIVES. TAKE CHARGE OF YOUR HEALTH. **SCHEDULE YOUR MAMMOGRAM TODAY!**



19 STAY ACTIVE AND CREATE LASTING MEMORIES WITH FAMILY OR FRIENDS BY VISITING A LOCAL [PUMPKIN PATCH](#) THIS WEEKEND!



20 PREP FOR THE WEEK! HAVE A BUSY WEEK AHEAD? PREP YOUR MEALS AND MAP OUT YOUR TO-DO LIST TODAY TO HAVE A SUCCESSFUL START TO YOUR WEEK.

21 START THE DAY WITH [POSITIVE AFFIRMATIONS](#) TO BOOST YOUR [MENTAL WELLBEING](#).

22 USE TODAY TO GO MEATLESS. TRY OUT A [VEGETARIAN DISH TO ADD MORE VEGGIES](#) INTO YOUR DIET.



23 CITY OF SAVANNAH MEDICAL PLAN MEMBER! COMPLETE YOUR WELLNESS ACTIVITIES TODAY AND SAVE \$1000 ON 2025 MEDICAL PREMIUMS!
LOG IN TO YOUR ACCOUNT [WWW.CITYOFSAVANNAHHEALTHPLAN.COM](#) OR CALL 866-360-7926.

24 AIM FOR 8 GLASSES OF WATER TODAY TO STAY REFRESHED & ENERGIZED: STAYING HYDRATED THROUGHOUT THE DAY CAN HELP CURB UNNECESSARY SNACKING AND KEEP YOUR ENERGY LEVELS UP!



25 BE IN THE KNOW WITH CLASS & COMP STUDY! VISIT [MYSAVANNAH - CLASS & COMP STUDY](#) FOR UP-TO-DATE INFORMATION.

26 CHALLENGE YOURSELF TO A NO-SUGAR DAY AND ENJOY NATURAL SWEETNESS FROM FRUITS.

27 FIND BALANCE! TAKE SOME TIME TO REFLECT ON YOUR LIFE, YOUR STATE OF MIND, AND HOW YOU'RE FEELING. WHAT IS GOING WELL? WHAT GIVE YOU ENERGY? WHAT IS NO LONGER SERVING YOU PURPOSE?

28 EARLY DETECTION SAVES LIVES! [SJC MOBILE MAMMOGRAM SCREENING @ SAVANNAH CIVIC CENTER!](#) CALL **912-819-6140 TO MAKE YOUR APPT.**

29 CHANGE OF SCENERY: SWITCH IT UP TODAY BY VISITING A COFFEE SHOP OR GOING FOR A WALK OVER YOUR LUNCH BREAK.

30 HEALTHY OUTLETS: WHEN STRESS OCCURS, IT'S IMPORTANT TO FIND HEALTHY OUTLETS TO RELIEVE THESE STRESSORS, LIKE GOING TO THE GYM, SPENDING TIME WITH FAMILY, TAKING A YOGA CLASS OR ENJOYING A NEW HOBBY.

31 HALLOWEEN

STAY ACTIVE BY TAKING YOUR FAMILY TRICK-OR-TREATING OR WALKING AROUND THE NEIGHBORHOOD BEFORE HANDING OUT TREATS!



SAVE THE DATE: [OPEN ENROLLMENT!](#)

- **NOVEMBER 1ST THROUGH 15TH**
- **TIME: 8 AM - 4 PM**
- **ADAM'S COMPLEX, 20 INTERCHANGE DRIVE**

