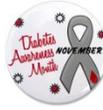




NOVEMBER 2016



Eat a Cranberry Month



Quarterly Focus:
Stress and Financial Management

Did you know it is also...

Diabetes Awareness Month

Open Enrollment

October 31 – November 11
Make your elections at:
<http://tuscaloosa.munisselfservice.com>

Great American Smokeout November 17

Choose today to quit tobacco use! Visit Human Resources for FREE tobacco cessation resources.

EAP Webinar

Holidaze:

How to Enjoy the Holidays and Minimize Holiday Stress

November 15, 2016
11:00 a.m.

www.powerflexweb.com/1632/login.html

Username: City of Tuscaloosa

CRANBERRIES



Add a handful of cranberries to your salad or yogurt!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
<div style="background-color: #90EE90; padding: 5px;"> OPEN ENROLLMENT –October 31–November 11 Make your elections at http://tuscaloosa.munisselfservice.com </div>						Book Lovers Day! 
6	7	8	9	10	11	12
	Stress Tip: Do something that makes you smile and that you do not get to do on a regular basis!	Cook Something Bold Day! 		Visit www.diabetes.org to learn more about diabetes.	Veteran's Day! 	Chicken Soup for the Soul Day! 
13	14	15	16	17	18	19
Financial Tip: Set a weekly/monthly budget!		EAP WEBINAR HOLIDAZE 11:00 a.m.		GREAT AMERICAN SMOKEOUT Quit tobacco use today for a healthier lifestyle!	Financial Tip: Create a financial calendar for bills and other payments.	Wellness Tip: Trick your mind into thinking you're eating more by using smaller plates.
20	21	22	23	24	25	26
Wellness Tip: Plan a family activity after thanksgiving dinner instead of napping!		Wellness Tip: Try cooking with alternatives, such as honey instead of sugar or olive oil instead of butter!	Stress Tip: Go treat yourself get a massage!	Happy Thanksgiving!		Stress Tip: Take a family day, get out and do something local!
27	28	29	30			
Stress Tip: Make sure you are getting plenty of sleep!	Wellness Tip: Drop your extra food off at your local food pantry instead of throwing it all away!	Square Dance Day! 	<div style="background-color: #ADD8E6; padding: 10px;"> Access Health Clinic Survey Don't forget to take the survey every time you visit the clinic! https://www.surveymonkey.com/r/QCB3V5Q If you have City health insurance, don't forget you can get your flu shot for free at any Access Health Clinic! </div>			