

WEALTH IN WELLNESS

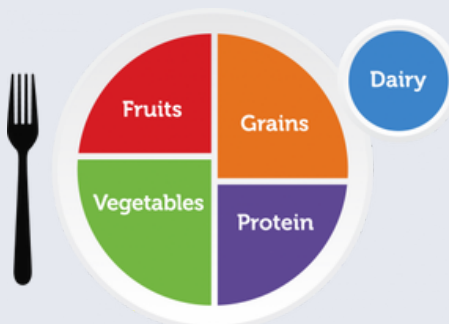
SEPTEMBER WELLNESS NEWSLETTER

Brought to you by the Monroe County Human Resources and Health Departments



MAKE HALF YOUR PLATE FRUITS AND VEGGIES

September is National Fruits and Veggies Month, making this the perfect time to think about adding more color to your plate. Aim to make half of your plate full of fruits and vegetables at each meal. Fruits and vegetables provide many important nutrients, vitamins, and minerals that support your health and well-being. All forms of fruits and vegetables — fresh, frozen, canned and dried — can be part of a healthy diet. A healthy eating plan full of fruits and vegetables can help lower your risk of many serious and chronic health conditions, including heart disease, obesity, high blood pressure, diabetes and some types of cancer.



Try these shopping tips to add more fruits and vegetables into your daily routine:

- Stock up at your local Farmers' Market
- Shop the perimeter at your local grocery store (where all the fresh produce is located)
- Use frozen or canned fruits and vegetables in your cooking

SEPTEMBER IS NATIONAL YOGA MONTH

Discover the transformative power of yoga! This ancient practice offers many benefits for both the mind and body.

- Physically, yoga enhances flexibility, strength, and balance, making it an excellent complement to any fitness routine
- Mentally, it promotes relaxation and reduces stress by encouraging mindfulness and deep breathing
- Regular practice can lead to improved sleep, increased energy levels, and a greater sense of overall well-being

Whether you are a seasoned yogi or a beginner, adding yoga into your daily life can help you cultivate inner peace and resilience, making it a holistic approach to health and wellness.

Check out your local yoga studios, fitness facilities that offer yoga classes, or search YouTube for free class options.



FEATURED RESOURCE: 988 SUICIDE AND CRISIS LIFELINE



We can all help prevent suicide. The 988 Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States.

Call, text, or chat 988 to receive support if you or someone you know is experiencing a mental health crisis. 988 provides judgment-free care. Talking with someone can help save a life. Learn more at 988lifeline.org.

WHAT'S HAPPENING THIS MONTH?

Be the Light Run/Walk - Saturday September 7th 10:00am at Winnebago Park Tomah.

In recognition of National Suicide Prevention Month, the Monroe County Suicide Prevention Task Force will be hosting the first annual Be the Light Run/Walk. The purpose of this event is to raise awareness about suicide prevention and mental health and to let people know they are not alone by promoting a sense of community as family, friends, neighbors, and community members run/walk alongside each other. Learn more and download the registration form at facebook.com/monroecomenalhealthcoalition

QPR Suicide Prevention Training - Tuesday September 17th 5:30pm at the Monroe County Board Assembly Room.

Question, Persuade, Refer (QPR) Gatekeeper Training is a one-hour suicide prevention course that teaches individuals three simple steps to help save a life from suicide. People trained in QPR learn how to recognize the warning signs of a suicide crisis, how to offer hope, and how to get help to save a life. QPR Gatekeepers can be anyone, including parents, friends, family members, neighbors, and professionals. This training gives bystanders the skills and confidence to be a first line of support when it comes to a mental health crisis. Pre-registration is required. Sign up today at <https://bit.ly/49osXNG>, or call the Monroe County Health Department at 608-269-8666.

VIRTUAL LEARNING TABLE

Attend our monthly virtual "Learning Table" to learn more about improving your health and well-being. All 2024 Learning Tables will be held on the 2nd Tuesday of each month, starting at 8:15am.

- **September:** Medication Safety with Eryn Leahy from the Monroe County Health Department Tuesday, September 10th at 8:15am-8:45am.
- **October:** Breast Cancer Prevention and Screening with Laura Reutlinger from the Monroe County Health Department Tuesday, October 8th at 8:15am-8:45am.

*Presentation recordings will be posted on the Human Resources website.



Join our Zoom Meeting:

<https://bit.ly/3Hr1Ztn>
Meeting ID: 872 7191 0533
Passcode: 690755



Find our 2024 wellness resources at:

<https://www.co.monroe.wi.us/departments/human-resources/employee-wellness>