

SEPTEMBER 2024

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Sunday Monday Tuesday Wednesday Thursday Friday Saturday

SELF CARE COMES FIRST

HAPPY LABOR DAY

Reminder!
Schedule your yearly preventive screening!

SELF CARE September
Make An Action Plan
No matter what your health goal is, creating a specific plan can help you succeed. Follow the steps to put you on a path toward meeting your goal. Connect with a Health Coach

National Cheese Pizza Day

TGIF!
Plans to go out to dinner tonight? Challenge yourself to eat something healthy on the menu and drink a full glass of water.

Hungry Harvest Produce Guide
To help us build a waste-free future with every plate you create, check out this handy reference guide loaded with storage tips, kitchen hacks, and recipes

Love Your Body
We can be so hard on ourselves sometimes. Take a moment today and write down what you like about your body and why.

How to Stop Negative Thoughts From Bringing You Down

Visit Cigna's Suicide Prevention & Awareness

SELF CARE September
Cigna Stress Test
Stress doesn't just affect you emotionally, it affects you physically too. Take this 3-min test to check your stress level and create a Stress Plan.

5 STRESS Busting Yoga Exercises You Can Do from Your Desk

NATIONAL CELIAC DISEASE AWARENESS DAY
SEPTEMBER 13

Happy Saturday
Everyday shines when we let our positive attitude shine through. Turn any negative thought into a positive one!

MALNUTRITION AWARENESS WEEK
Give/take one meal

Flu Season
Everyone age 6 months or older should get a flu vaccine each year.

SELF CARE September
Make Sleep a Priority

Quick Morning Workout
10 Star jumps
15 Push ups
10 Sit ups
Eat A Healthy Breakfast!

LIFESTYLE MEDICINE presents STRESS MANAGEMENT as MEDICINE
Webinar Series
THE FLORIDA CIGNA HEALTHCARE TEAM

happify
Overcome Negative Thoughts, Stress, and Life's Challenges!

Family Health & Fitness Day

Happy Autumn

What to Know About Positive Affirmations
Positive affirmations are a form of self-help. Practicing daily positive affirmations can help you overcome fear and self-doubt

Search for a Farmers Market Near YOU!
Each farmers market reflects the area's charm with locally produced specialties – such as fruits, vegetables, nursery stock and other products.

SELF CARE September
Tips to Relieve Stress
- Take slow, deep breaths
- Soak in a warm bath
- Listen to soothing music.
- Take a walk
- Take a yoga class.
- Have a massage or back rub.

CHOLESTEROL EDUCATION MONTH

Power Up with Breakfast
Get Yourself Prepped
• Get organized the night before
• Set the alarm 10 minutes earlier.
• Pack your breakfast to go.

Family Health & Fitness Day

WORLD HEART DAY 29 SEP
Cardiovascular disease is the world's #1 killer. Work out to reach your target heart rate

30th of September
National LOVE PEOPLE DAY

MAKE IT A September To REMEMBER

Questions/Hotlines:

- Cigna Representative: 1-800-806-3052, 24 hours/7 days a week
- Cigna Total Behavioral Health Program: 1-800-806-3052 OPT.3 24 hours/7 days a week
- FBMC Representative: 1-855-632-7748, Monday-Friday, 7am - 7pm
- Office of Risk and Benefits Management: 305-995-7129
- District Employee Assistance Program: 305-995-7111
- Well Way: 305-995-7129
- Jacie Robles, RDN/LD, Health Coach: 786-514-0205