

Sunday **Monday** **Tuesday** **Wednesday** **Thursday** **Friday** **Saturday**

HEALTH DOESN'T HAPPEN IN ONE LEAP – IT'S THE STEPS YOU REPEAT.

1 LABOR DAY: CITY OFFICES CLOSED. A DAY TO HONOR THE CONTRIBUTIONS OF WORKERS THAT KEEP OUR COMMUNITY MOVING FORWARD.

2 CHECK IN WITH A COLLEAGUE OR FRIEND ABOUT THEIR WELL-BEING, "WHAT IS SOMETHING YOU'RE EXCITED TO WORK ON OR FOCUS ON THIS MONTH?"

3 SEPTEMBER IS NATIONAL CHOLESTEROL EDUCATION MONTH. [TAKE TIME TO UNDERSTAND WHAT CHOLESTEROL IS, WHY IT'S IMPORTANT, AND HOW TO MANAGE IT.](#)

4 SAVE THE DATE: SAVANNAH GAME NIGHT! BRINGING DEPARTMENTS TOGETHER ONE GAME AT A TIME. ALL EMPLOYEES ARE WELCOME.

- THURSDAY, SEPTEMBER 11
- 5:15 P.M. – 7:00 P.M.
- AUDITORIUM, 305 FAHM STREET

5 MAKE TIME FOR INTENTIONAL MOVEMENT TODAY. WHETHER IT IS A WALK, STRETCH, OR DANCE, MOVE WITH PURPOSE AND ENJOY EVERY STEP.

6 PATRIOT DAY 5K WALK / RUN COMMEMORATES THE LIVES LOST ON SEPTEMBER 11, 2001, AND HONORS THE BRAVE FIRST RESPONDERS.

- 6 AM - 12 PM, FORSYTH PARK, 2 WEST GASTON STREET

7 JOIN THE SAVANNAH PROFESSIONAL FIREFIGHTERS 9/11 STAIR CLIMB! 110 FLIGHTS TO HONOR THOSE LOST ON 9/11. OPEN TO EVERYONE, FREE TO PARTICIPATE,

- 8 AM | ENMARKET ARENA.

8 MOVE WELL TO FEEL WELL: WAKE UP AND START THE DAY RIGHT WITH THESE 6 ENERGIZING STRETCHES!

9 EAT WELL: START YOUR DAY WITH A HEALTHY SMOOTHIE PACKED WITH FRUITS AND VEGGIES.

10 WHAT'S UP WEDNESDAY: JOIN ANDREA ALLEN FOR A DISCUSSION, [HR MYTHS BUSTED: COMMON MISCONCEPTIONS ABOUT HR](#)

- 11 AM – 12 PM
- EARN 1 TRAINING HOUR

11 Savannah Job Fair 9/11 - 9/12

- ENMARKET ARENA
- 9 AM - 6 PM

TAKE A MOMENT OF SILENCE TO HONOR AND REMEMBER THOSE AFFECTED BY 9/11.

ONSITE INTERVIEWS & JOB OFFERS! OPEN TO ALL JOB SEEKERS. **TO LEARN MORE, VISIT:** WWW.SAVANNAH.GOV/JOBS

- ENMARKET ARENA
- 9 AM - 3 PM

13 20% OFF YMCA MEMBERSHIPS: A GREAT WAY TO STAY ACTIVE, CONNECT WITH COMMUNITY, AND ENJOY FAMILY-FRIENDLY AMMENITIES. [LEARN MORE HERE!](#)

14 TAKE TIME TO SLOW DOWN TODAY. UNPLUG, BREATHE DEEPLY, AND PRACTICE MINDFULNESS TO RECHARGE YOUR MIND AND BODY.

15 PERFORMANCE FEEDBACK: JOIN LEARNING & DEVELOPMENT COORDINATOR, KRISTINA CHANDLER, FOR AN INTERACTIVE VIRTUAL [PERFORMANCE FEEDBACK INFORMATION SESSION.](#)

- 9:30 - 10:30 A.M.
- EARN 1 TRAINING HOUR

16 SAV4 Health  **COMPLETE YOUR BIOMETRIC SCREENING TODAY!** [REGISTER ONLINE](#) OR CALL 912-819-8177.

- SANITATION HQ, 1809 W HWY 80
- TIME: 6:30 A.M. – 10:30 A.M.

17 EARLY DETECTION SAVES LIVES! SCHEDULE YOUR [S/J/C MOBILE MAMMOGRAM SCREENING](#)

- FRIDAY, OCT. 17 | SAVANNAH CIVIC CENTER!
- CALL 912-819-6140 TO MAKE YOUR APPT.

18 Thriving Thursday's

JOIN LAUREN WILSON FOR A **MOVE WELL** DISCUSSION TO BOOST ENERGY AND MENTAL CLARITY.

- 12:00 - 1:00 PM | MEETING ROOM, ADAM'S COMPLEX 14 INTERCHANGE DRIVE
- [REGISTER HERE](#)

19 EAT WITHOUT DISTRACTIONS. TRY TO EAT YOUR MEALS WITHOUT SCREENS OR MULTITASKING. FOCUS ON THE FLAVORS, TEXTURES, AND AROMAS.

20 SAVANNAH JAZZ FESTIVAL AT FORSYTH PARK! FREE ADMISSION, INCREDIBLE LIVE MUSIC, AND A CHANCE TO ENJOY ONE OF SAVANNAH'S FAVORITE TRADITIONS.

21 YOU GOT THIS ~ KEEP PROGRESSING TOWARD A HEALTHIER AND HAPPIER YOU!

22 FINANCIAL WELLNESS 101: JOIN BARBARA VEIOCK AND MISSION SQUARE RETIREMENT SPECIALIST AND CERTIFIED FINANCIAL PLANNER FOR AN INFO-PACKED SESSION.

- 9 AM – 12 PM | SPD AUDITORIUM, 3401 EDWIN ST.
- [REGISTER HERE](#)

23 MOVE WELL: INCLUDE STRENGTH TRAINING EXERCISES IN YOUR ROUTINE TO MAINTAIN BONE HEALTH. CHECK OUT [5 AT-HOME EXERCISES TO BUILD STRENGTH](#), NO WEIGHTS ARE REQUIRED!

24 LIVE WELL: GETTING ENOUGH REST IS ONE OF THE SMARTEST THINGS YOU CAN DO FOR YOUR BRAIN AND BODY. LEARN MORE ABOUT HOW [QUALITY SLEEP IMPACTS YOUR OVERALL WELL-BEING.](#)

25 RETHINK YOUR DRINK. SUGARY BEVERAGES ARE THE BIGGEST HIDDEN SOURCE OF ADDED SUGAR. CHOOSE WATER, SPARKLING WATER, OR UNSWEETENED TEA INSTEAD.

26 EAT WELL: MAKE A COLORFUL NUTRIENT-DENSE SALAD FOR LUNCH OR DINNER. NEED INSPO, [CHECK OUT 10 EASY-TO-MAKE RECIPES.](#)

27 FITNESS REIMBURSEMENT PROGRAM: ARE YOU PARTICIPATING? QUARTER 3 ENDS SEPT. 30 AND **SUBMISSIONS ARE DUE OCT. 15.** ANY GYM QUALIFIES WITH 8+ VISITS PER MONTH. [LEARN MORE HERE.](#)

28 PEACE IN THE PARK CELEBRATION: A FREE, FAMILY-FRIENDLY CELEBRATION. ENJOY A PEACE WALK, PEACEBUILDER AWARDS, HUMAN PEACE SIGN FORMATION, LIVE MUSIC, YOUTH ARTISTS CORNER, AND MORE!

- 1 - 4 PM, DAFFIN PARK

29 WORLD HEART DAY: WORLD HEART DAY REMINDS US TO KNOW OUR NUMBERS, BLOOD PRESSURE, CHOLESTEROL, AND BLOOD SUGAR, TO PROTECT HEART HEALTH. [LEARN MORE IN THIS CLEVELAND CLINIC.](#)

30 CELEBRATE YOUR SMALL WINS THIS MONTH! WHAT IS ONE POSITIVE HABIT YOU CAN CARRY FORWARD INTO OCTOBER TO KEEP YOUR MOMENTUM GOING?

Step into September with energy, focus, and purpose. This month is all about building momentum through movement. Every step you take supports your mind, body and heart. **What activity will you add this month to help you feel your best?**



SCAN ME!

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